



Apple and Mango Puff Pastry Tarte Tatin

with Whipped Creme Fraiche and Desiccated Coconut

Dessert 65-70 Minutes • Veggie

30A

Find all your unchilled Market items in bag A.



Puff Pastry Sheet



Caster Sugar



Apple



Mango



Creme Fraiche



Desiccated Coconut

Pantry Items
Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl, saucepan, peeler, baking paper, baking tray and whisk.

Ingredients

Ingredients	Quantity
Puff Pastry Sheet** 13)	1 pack
Caster Sugar	75g
Apple**	3
Mango**	2
Crème Fraîche** 7)	150g
Desiccated Coconut	15g

Pantry	Quantity
Butter*	30g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per 100g
for uncooked ingredient	100g
Energy (kJ/kcal)	760 /182
Fat (g)	10.4
Sat. Fat (g)	6.1
Carbohydrate (g)	21.2
Sugars (g)	14.1
Protein (g)	1.8
Salt (g)	0.23

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

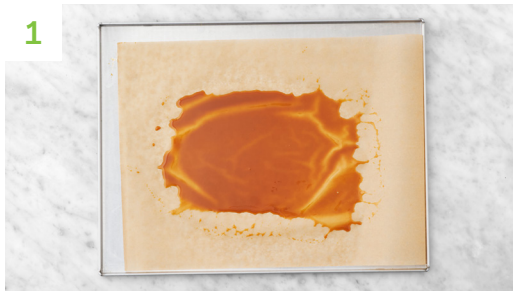
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Melt the Caramel Sauce

a) Remove the **puff pastry** from your fridge and allow to come up to room temperature. Preheat your oven to 220°C/200°C fan/gas mark 7.

b) In a medium bowl, reserve **4 tsp** of the **caster sugar** and set aside for later.

c) In a medium saucepan, combine the remaining **sugar** and the **butter** (see pantry for amount).

d) Stir on medium heat until the **butter** has melted and the **sugar** has started to dissolve, 2-3 mins. Set aside to cool. This is your **caramel sauce**!



Build It Upside Down!

a) Carefully place the **puff pastry sheet** over the top of the **fruit**, pressing down the edges to secure the **fillings**.

b) Evenly sprinkle over **half** the **reserved sugar** and bake on the top shelf of your oven until puffed and golden, 16-18 mins.



Get Prepped

a) Peel, quarter, core and thinly slice the **apples**.

TIP: The thinner you slice your apples, the more apple coverage your tarte tatin will have.

b) Peel the **mangos**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mangos** into 1cm pieces (discard the stone).



Layer the Fruit

a) Unroll the **pastry** (keeping it on its baking paper).

b) Pour your **caramel sauce** onto a lined baking tray, then, using the back of a spoon, evenly spread the **caramel** into a rectangular shape, slightly smaller than the size of your **pastry**.

c) Evenly lay the **apple slices** onto the **caramel**, then scatter over the **mango chunks**.



Whip the Crème Fraîche

a) When baked, remove the **tarte tatin** from the oven. Allow to cool until the bottom of the baking tray is cool to the touch, 25-30 mins.

b) Meanwhile, pop the **crème fraîche** into the bowl of **reserved sugar** and whisk until slightly thickened, 1-2 mins.



Slice and Serve

a) Use a knife to detach any **pastry** that has stuck to the sides of the baking tray, then place a large chopping board on top of the **pastry**. Use the chopping board to flip the **tarte** upside down, then remove the baking tray and paper to reveal the **fruit**.

b) Portion into **6 slices** and serve with a dollop of **sweet crème fraîche** and a sprinkle of **desiccated coconut** to finish.

Enjoy!