



Mango and Pineapple Tropical Breakfast Parfait

with Coconut Yoghurt, Granola and Desiccated Coconut

Breakfast 5-10 Minutes • 1 of your 5 a day • Veggie

9A

Find all your unchilled Market items in bag A.



Pineapple Rings



Mango



Natural Coconut Milk Yoghurt Alternative



Desiccated Coconut



Granola

Pantry Items
Honey

Before you start

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

Cooking tools

Peeler and bowl.

Ingredients

Ingredients	Quantity
Pineapple Rings	1 tin
Mango**	1
Natural Coconut Milk	320g
Yoghurt Alternative**	15g
Desiccated Coconut	120g
Granola 13)	120g

Pantry	Quantity
Honey*	2 tbsp

**Not Included **Store in the Fridge*

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3403 /813	691 /165
Fat (g)	43.5	8.8
Sat. Fat (g)	33.4	6.8
Carbohydrate (g)	95.4	19.4
Sugars (g)	60.7	12.3
Protein (g)	9.8	2.0
Salt (g)	0.22	0.04

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

Allergens

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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1



Prep the Fruit

- Remove the **pineapple rings** from the tin, keeping the **pineapple juice** for later. Cut the **rings** into small chunks.
- Peel the **mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone).

2



Mix the Tropical Yoghurt

- In a medium bowl, combine the **coconut milk yoghurt**, **desiccated coconut** and **2 tbsp** of the **reserved pineapple juice**. Discard any remaining **pineapple juice**.
- If you like your **yoghurt** a little sweeter, add **honey** to taste (see pantry for recommended amount).

3



Layer your Parfait

- Divide **half** the **tropical yoghurt** between 2 appropriately sized glasses.
- Top with **half** the **granola**, followed by **half** the **pineapple chunks** and **half** the **mango chunks**.
- Repeat with the remaining **yoghurt**, **granola**, **pineapple** and **mango** to finish.

Enjoy!