



Mango Lassi Kit

with Greek Style Yoghurt and Honey

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

9A

Find all your unchilled Market items in bag A.



Mango



Greek Style Natural Yoghurt



Honey



Pantry Items
Milk, Salt

Before you start

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

Cooking tools

Blender.

Ingredients

Ingredients	Quantity
Mango**	2
Greek Style Natural Yoghurt** 7)	150g
Honey	30g

Pantry	Quantity
Milk*	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1764 /422	321 /77
Fat (g)	13.8	2.5
Sat. Fat (g)	5.7	1.0
Carbohydrate (g)	72.3	13.2
Sugars (g)	71.2	13.0
Protein (g)	9.8	1.8
Salt (g)	0.57	0.10

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

Allergens

7) Milk

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



2



3



Hello Mango

a) Peel the **mangoes**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into large pieces (discard the stone). Pop into your blender.

b) Add the **Greek style yoghurt, honey, milk** (see pantry for amount) and a **pinch of salt** to the blender. **TIP:** *If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.*

Taste and Adjust

a) Blend until smooth, 1-2 mins, or until the **lassi** is the consistency you like.

b) If you like your **smoothie** a little sweeter, add extra **honey** to taste.

c) To make your **smoothie** colder and thicker, add a **few ice cubes** and blend until smooth. We recommend about **4 ice cubes**.

Serve up your Smoothie

a) Divide your **mango lassi** between 2 glasses to finish. **TIP:** *Your mango lassi is best enjoyed freshly made.*

Enjoy!