



Apple-Spiced Brioche French Toast

with Pecans & Syrup

Grab your Meal Kit
with this symbol



Apple



Pecans



Sweet Golden
Spice Blend



Longlife Cream



Brioche Slices



Maple-Flavoured
Syrup



Hands-on: **20 mins**
Ready in: **25 mins**

Make your weekend sing with our apple-spiced brioche French toast. We think we've nailed it with this combination of flavours, starring caramelised apple and our addictive sweet golden spice blend. Pile them high and finish it off with maple-flavoured syrup and cream!

Pantry items

Olive Oil, Sugar, Egg, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
apple	2
pecans	1 packet
sweet golden spice blend	1 sachet
sugar*	40g
egg*	1
longlife cream	1 bottle (250ml)
brioche slices	1 packet
butter*	20g
maple-flavoured syrup	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4679kJ (1118Cal)	1168kJ (279Cal)
Protein (g)	18.4g	4.6g
Fat, total (g)	67.5g	16.9g
- saturated (g)	36.5g	9.1g
Carbohydrate (g)	106.6g	26.6g
- sugars (g)	68.6g	17.1g
Sodium (mg)	563mg	141mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Thinly slice the **apple**. Roughly chop the **pecans**. In a shallow bowl, combine the **sweet golden spice blend** and **sugar**.



Toast the pecans

Heat a large frying pan over a medium-high heat. Toast the **pecans** until golden, **2-3 minutes**. Transfer to a bowl.



Flavour the brioche

In a separate shallow bowl, lightly whisk to combine the **egg** and 1/2 the **longlife cream**. Add the **brioche slices**, gently turning to coat in the **egg mixture**. Set aside to soak, **10 minutes**.



Caramelise the apple

While the brioche is soaking, return the frying pan to a medium-high heat and melt the **butter**. Cook the **apple**, stirring until softened, **3-5 minutes**. Reduce the heat to medium. Cook until reduced and sticky, **2-3 minutes**. Transfer to a bowl.



Fry the brioche

Wipe out the frying pan and return to a medium heat with a drizzle of **olive oil**. When the pan is hot, gently remove the **brioche** from the **egg mixture**, and cook in batches until lightly browned and set, **2-4 minutes** each side. Transfer the cooked **brioche** to the **spiced sugar** and turn to lightly coat.

TIP: Fry the brioche in some butter for extra flavour!



Serve up

Divide the French toast between plates. Top with the caramelised apple and toasted pecans. Drizzle with **maple-flavoured syrup** and the remaining longlife cream to serve.

Enjoy!