



Sticky Date Pudding

with Caramel Sauce & Cream

Grab your Meal Kit
with this symbol



Diced Dried
Dates



Sponge Mix



Caramel Sauce



Longlife Cream

Hands-on: 20 mins
Ready in: 50 mins

Finish your dinner off with the very best kind of pudding – sticky date! Cakey on top and densely rich underneath, it's studded with chewy dates and topped off with an oozy caramel sauce for an indulgent dessert that never fails to please.

Pantry items

Butter, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

15cm x 20cm baking dish · Medium saucepan

Ingredients

	8-10 People
diced dried dates	1 packet
butter*	110g
sponge mix	1 packet
eggs*	2
caramel sauce	1 medium packet
longlife cream	½ bottle (125ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3550kJ (848Cal)	1530kJ (365Cal)
Protein (g)	9.5g	4.1g
Fat, total (g)	43.7g	18.8g
- saturated (g)	26.9g	11.6g
Carbohydrate (g)	85.8g	36.9g
- sugars (g)	71.9g	30.9g
Sodium (mg)	1200mg	515mg

The quantities provided above are averages only.

*Nutritional information is based on 9 servings

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.

1



Soak the dates

Boil the kettle. Preheat the oven to **200°C/180°C fan-forced**. Roughly chop the **diced dried dates**. Pour 1/2 cup **boiling water** into a large bowl and add the **dates**. Stir and set aside until lukewarm, **10 minutes**.

TIP: Reserve the water to use in step 2!

3



Bake the pudding

Generously grease a 15x20cm baking dish on all surfaces and pour in the **sticky date mixture**. Bake until just firm to the touch, **35-40 minutes**. When the pudding has **5 minutes** cook time remaining, return the saucepan to a medium heat. Cook the **caramel sauce**, whisking, until starting to bubble, **4-5 minutes**. Poke holes into the top of the **pudding** and pour over the **caramel sauce**.

TIP: To check if the pudding is done, stick a toothpick or skewer in the centre. It should come out clean.

2



Combine the ingredients

While the dates are soaking, melt the **butter** in a medium saucepan. Add the **sponge mix**, melted **butter** and **eggs** to the bowl with the **dates** and **water** and mix until well combined.

4



Serve up

Divide the sticky date pudding between bowls and top with the **longlife cream** (see ingredients).

Enjoy!