



Juicy Mango & Coconut Muffins

SERVES
10+



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients 10 Muffins

Mango Slices in Juice	1 medium tin
Plain Muffin Mix	1 packet
Milk*	200ml
Egg*	1
Vegetable Oil*	2 1/2 tbs
Shredded Coconut	2 medium packets

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	1065kJ (254Cal)	838kJ (200Cal)
Protein (g)	4.5g	3.5g
Fat, total (g)	6.6g	5.2g
- saturated (g)	2.5g	2g
Carbohydrate (g)	42.1g	33.1g
- sugars (g)	23.8g	18.7g
Sodium (g)	481mg	378mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Get prepped

Preheat oven to **180°C/160°C fan-forced**. Grease and line a 12 hole muffin tin. Drain **mango slices in juice**, then roughly chop.

2. Combine the batter

In a large bowl, place **plain muffin mix**, the **milk**, **egg** and **vegetable oil**. Mix until just combined. Gently stir through drained **mango** and 1/2 the **shredded coconut**.

3. Serve up

Spoon muffin batter into the prepared tin. Top with remaining coconut. Bake until golden and a skewer inserted comes out clean, **25-30 minutes**. Transfer to a wire rack to cool completely, then serve.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact

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More meal occasions



Scan the QR code to add these to next week's box!



Get some more Vitamin C in your week! Try our Fruit Box.

Breakfast & Brunch

Tuck in to a sweet or savoury delight to start your day out right.



No Sugar

Passionfruit Kombucha Remedy
Four 250ml cans



Cafe fave

Caramelised Pear & Pecan Pancakes with Syrup & Cream



Quick brunch

Prosciutto & Cheese Croissant with Dijon Mustard

Quick Lunches

Short on time? Whip up these delicious dishes in a flash!



Kid-friendly

Cheesy Aussie Chicken Burger with Fries & Garlic Aioli



Ready to heat

Beef Lasagne
No Prep | Ready in 5



Lunch bites

Oyster Sauce Chicken Bao Buns with Mayo & Pickled Cucumber

Sides & Desserts

Turn dinner into a feast that the whole family will love.



Ready to bake

Garlic Bread
Serves 4+



The perfect side

Roasted Potatoes & Creamy Fetta with Lemon Zest



Four easy steps

Chocolate Self-Saucing Pudding with Mixed Berry Compote