# HELLO FRESH

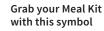# Pineapple Upside Down Cake
with Coconut Caramel & Toasted Coconut

Pineapple Slices

Brown Sugar

Basic Sponge Mix

Coconut Milk

Shredded Coconut

**Pantry items**

Butter, Eggs, Milk

**Prep in: 20 mins**
**Ready in: 1 hr 15 mins**

Do you remember this retro classic? We may have taken a few liberties with the original, like adding a coconut caramel sauce. This cake will be sure to impress when you flip it upside-down to reveal the sticky caramel pineapple layer!

SBS

## 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

20cm medium round cake tin · Kitchen scales · Medium saucepan · Electric beaters · Medium frying pan

## Ingredients

|  | 6–8 Slices |
| --- | --- |
| pineapple slices | 1 tin |
| *butter** | 230g |
| brown sugar | 2 medium packets |
| *eggs** | 3 |
| basic sponge mix | 1 medium packet |
| *milk** | ⅓ cup |
| coconut milk | 1 medium tin |
| shredded coconut | 1 medium packet |

***Pantry Items**

## Nutrition

| Avg Qty | Per Serving* | Per 100g |
| --- | --- | --- |
| Energy (kJ) | 2245kJ (537Cal) | 1199kJ (287Cal) |
| Protein (g) | 7.9g | 4.2g |
| Fat, total (g) | 36.2g | 19.3g |
| - saturated (g) | 24.3g | 13g |
| Carbohydrate (g) | 54.3g | 29g |
| - sugars (g) | 33.4g | 17.8g |
| Sodium (mg) | 572mg | 306mg |

The quantities provided above are averages only.
*Nutritional information is based on 7 servings.*

## 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 the oven to **180°C/160°C fan-forced**. Grease and line the cake tin with baking paper.
- Drain **pineapple slices**.
- Measure out 200g **butter (for the cake)** and set aside at room temperature to soften. Measure 30g **butter (for the sauce)** and set aside.
- Divide **brown sugar** into three separate bowls: 200g in one bowl, 60g in another bowl and the remaining 40g in a third bowl.

**TIP:** *Weigh out your ingredients before you start to speed up your prepping time!*

**2**



### Start the cake

- In a medium saucepan, combine the **butter (for the sauce)** and 40g **brown sugar**. Cook over medium heat, stirring, until the sugar is dissolved, **2-3 minutes**.
- Pour sauce into the lined cake tin. Place **pineapple slices**, in a single layer, on top of the sauce.

**3**



### Make the cake

- In a large bowl, add 200g **brown sugar** and **butter (for the cake)**. Beat with electric beaters until light and fluffy, **2-3 minutes**. Add **eggs**, one at a time, and beat until smooth. Using a spoon, fold in the **basic sponge mix** and **milk** until just combined.
- Pour **cake batter** into the lined cake tin, covering the pineapple. Bake for **45 minutes to 1 hour**. Set aside to cool in the tin, **15-20 minutes**.

**TIP:** *Using room temperature butter helps the batter get light and fluffy!*
**TIP:** *To check if the cake is done, stick a toothpick or skewer in the centre. It should come out clean.*

**4**



### Make the coconut caramel

- Meanwhile, wipe out the saucepan and return to medium heat.
- Heat **coconut milk** and 60g **brown sugar**, whisking until well combined and turned to caramel, **5-8 minutes**. Set aside until thickened.

**TIP:** *The caramel will thicken as it rests!*

**5**



### Toast the coconut

- Heat a medium frying pan over medium-high heat. Toast **shredded coconut**, tossing, until golden, **2-3 minutes**. Set aside.
- When the cake has cooled, place a serving plate on top of the cake. Carefully flip **cake** over and remove the tin to reveal the pineapple top.

**6**



### Serve up

- Sprinkle cake with toasted coconut.
- Slice and serve drizzled with coconut caramel.
- Enjoy!

### Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: **hellofresh.com.au/rate**