



HELLO  
FRESH

# Tropical Muesli

with Lemon Curd, Macadamias  
& Yoghurt

SERVES  
8



Grab your Kit



## First up!

Wash your hands and any fresh foods before you start.

### Ingredients 8 people

Macadamias 1 large packet

Toasted Tropical Muesli 1 packet

Greek-Style Yoghurt 1 packet

Lemon Curd 1 medium packet

#### \*Pantry Items

### Nutrition Information

AVG QTY	PER SERVING	PER 100g
	2166kJ	1106kJ
	(518Cal)	(264Cal)
Energy (kJ)		
Protein (g)	15.8g	8.1g
Fat, total (g)	30.4g	15.5g
- saturated (g)	10.8g	5.5g
Carbohydrate (g)	43.1g	22g
- sugars (g)	27.3g	13.9g
Sodium (g)	95mg	48mg

*The quantities provided above are averages only.*

## 1. Get prepped

Roughly chop **macadamias**.

## 2. Plate up

In a serving bowl, add a layer of **toasted tropical muesli** (store any leftover muesli in an airtight container).

## 3. Serve up

Top muesli with a dollop of **Greek-style yoghurt** and some **lemon curd**. Sprinkle with macadamias to serve.

### Fresh tip!

Heat a frying pan over medium-high heat. Toast some shredded coconut until golden, 2-3 minutes, and sprinkle over!

## Allergens

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

## We're here to help!

If you have any questions or concerns, please contact us at [hellofresh.com.au/contact](https://hellofresh.com.au/contact) 2022 | CW32



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