



Indulgent Coconut Chocolate Pot with Maple Salted Nuts

Dessert 20 Minutes • Veggie

Nº 4A



Coconut Milk



Chocolate Chips



Pistachios



Flaked Almonds



Maple Syrup

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Glass/Ramekin, Clingfilm, Frying Pan, Bowl.

Ingredients

	2P
Coconut Milk	200ml
Chocolate Chips 11)	100g
Pistachios 2)	25g
Flaked Almonds 2)	15g
Maple Syrup	2 sachets

**Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	185g	100g
Energy (kJ/kcal)	2396 /573	1295 /310
Fat (g)	40	21
Sat. Fat (g)	24	13
Carbohydrate (g)	41	22
Sugars (g)	37	20
Protein (g)	9	5
Salt (g)	0.15	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Started

- If you're short of time, put some appropriately sized glasses/ramekins (1 per person) into the fridge to chill. **TIP:** *This will help the chocolate pot to set later in step 2.*
- Pour the **coconut milk** into a medium pan and pop onto medium-high heat.
- Bring to the boil and simmer for 1 minute.
- Remove from the heat and immediately add the **chocolate chips** and a pinch of **salt**.
- Allow to sit for 1 minute, then stir the **coconut milk** and **chocolate** together until the **chocolate** is melted and everything is completely combined.

Set

- Pour the **coconut chocolate mixture** into your appropriately sized glasses/ramekins.
- Cover with clingfilm and pop into the fridge to set. This will take 2-3 hours if you want them fully set, but they'll still be delicious if you want to eat them immediately or in an hour.

Nut Time

- Meanwhile, remove and discard the shells from the **pistachios** and roughly chop.
- Heat a medium frying pan over medium heat (no oil).
- Once hot, add the **flaked almonds** and **pistachios** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** *Watch them like a hawk as they can burn easily.*
- Once toasted, remove from the heat and add the **maple syrup** and a pinch of **salt** to the pan. Stir together and transfer to a bowl.
- Once ready to serve, spoon the **nuts** on top of the **chocolate pots**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.