

KEEP COOL

Tropical Pavlova



'Instant' tropical frozen yoghurt on crisp pavlovas w/ fresh fruit & coconut

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Ingredients (serves 6)

For the pavlovas:

- 4 egg whites at room temperature
- 200g caster sugar

For the frozen yoghurt:

- 480g frozen tropical fruit mix
- 170g Greek Yoghurt
- 2 tbsp maple syrup / honey

Good to know...

345 kcal per serving

This recipe contains Eggs, Milk (Lactose)

For the topping:

- 150g fresh tropical fruit
- Zest of 1 lime
- 20g flaked coconut

For the coulis:

- 120g caster sugar
- Pulp of 8 passion fruit
- 60ml water

Method

First make the pavlovas: Preheat the oven to 115°C and line a baking sheet with non stick parchment paper. Place your egg whites into a spotlessly clean bowl then whisk with a hand held electric or stand whisk until starting to stiffen. Add your caster sugar bit by bit until you have a stiff and shiny meringue. Be careful not to over-whisk as the mixture can collapse. Take a little meringue mixture and use it to stick your parchment paper to the baking sheet, then, with your meringue in a piping bag or using a spoon, create 6 mounds of meringue around 8cm wide, then use a spoon to make a dip in the centre, forming a crown shape. Place in the oven for at least an hour until dry and then peel off the parchment. These can be made a day or so in advance and kept in an air tight container until ready to use.

Now make your coulis: Place the caster sugar and water into a pan over a low heat. Stir until the sugar is dissolved and then increase the heat to a simmer for 3 minutes. Add the passion fruit pulp and continue to simmer for another 3 minutes. Remove from heat and allow to cool.

To prepare the toppings: Place the coconut in a dry pan and cook until toasted. Dice your fresh fruit and set aside with the coconut.

For the frozen yoghurt: Place everything in a food processor and blend until smooth. Keep in the freezer until ready to use, if making in advance.

Finally, to plate up: Place a pavlova crown in the centre of each of your plates. Fill the middle with a scoop of frozen yoghurt. Top with fresh fruit and drizzle over some passion fruit coulis. Add the toasted coconut and lime zest for the final touch!

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Recipe by Flavourology | flavourology.co.uk