

RECIPE

Tropical Galette

Hard

1 h 15 min



INGREDIENTS for 8 portions

- 2 tbsp almond meal
- 200g mango flesh (about 1 mango)
- 4-5 ripe Cavendish bananas
- 200g coconut sugar
- 1 egg, whisked with a splash of water
- 2 tbsp demerara sugar
- 25g butter
- 15g (1 tbsp) Nutella® per portion, to serve
- Reduced-fat Greek yoghurt, to serve

PASTRY

- 250g plain flour
- 185g butter, cold, cut into 1cm squares
- 40ml iced water
- 1 ½ teaspoon lemon juice
- Sea salt

EQUIPMENT

- Large bowl
- Baking paper
- Baking tray
- Oven



To prepare this delicious recipe, 15g of Nutella® per person is enough to enjoy!

METHOD

- 1** To make the pastry, add butter and flour to a large bowl, add a pinch of salt then use your fingers to rub the butter into the flour until it resembles coarse breadcrumbs.
- 2** Pour in the iced water and lemon juice and mix until just combined (be careful not to overmix or the pastry will not be light and flaky). Roll dough into a ball, flatten to a disc then wrap in plastic wrap and refrigerate for an hour to rest.
- 3** Roll the pastry between two sheets of baking paper to a 35cm round. Remove top sheet and carefully slide onto a baking tray. Refrigerate for a further hour.
- 4** Preheat oven to 200°C (180°C fan). Sprinkle almond meal over the pastry.
- 5** Lightly mash the mango and spread over the base, leaving a 5cm border around the edges. Peel bananas and cut in half lengthwise. Roll in coconut sugar to coat then arrange, cut side up, over the mango.
- 6** Gently lift the pastry edges over the mango banana mixture, pinching together any dough that cracks. A rustic look is perfect for this recipe.
- 7** Brush pastry edge with egg wash and sprinkle with demerara sugar then dot butter between bananas and bake for 30-35 mins until pastry is golden brown and the filling is caramelised.
- 8** Allow to cool for 10 mins before drizzling with Nutella® and serving with vanilla ice cream.
- 9** Enjoy!

Proud of your baking progress? We are, too!

Share a pic (and the recipe) with the hashtag #nutellarecipe on social media. We'll love to see the worldwide web getting a little sweeter <3