



# Mango Pavlova with Coconut, Pistachio and Lime Honey Drizzle

MEDIUM • 2 HOURS

The iconic Aussie pavlova. This family favourite is a must-have at all important events and occasions throughout the year (especially Christmas). This time, we're giving the age-old recipe a freshen up with juicy mango, coconut, pistachio and a homemade honey-lime drizzle. Delicious!



**SKILL LEVEL**  
Medium

**PREP TIME**  
30 mins

**COOKING TIME**  
90 mins

**SERVINGS**  
4-6

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## Ingredients

### Meringue

- 6 egg whites (225 ml)
- Pinch of salt
- 1½ cups (260 g) caster sugar
- 1½ tsp white vinegar
- 2 tsp cornflour

### Lime Honey

- ½ cup (225 ml) **Capilano Pure Honey**
- 1 lime

### Topping

- 600 ml cream
- 1 tsp vanilla extract
- 2 Tbsp **Capilano Pure Honey**
- 2 mangoes, peeled & thinly sliced
- ⅓ cup coconut flakes, lightly toasted
- ¼ cup pistachios, roughly chopped
- 1 lime

Used in this recipe



### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

## Method

1. Preheat the oven to 120°C. Line a baking tray with baking paper and draw a 22cm circle in the centre.
2. Whisk the egg whites and salt using an electric mixer on medium until soft peaks form, or for approximately 3-4 minutes. With the mixer still running, add the sugar 1 Tbsp at a time, beating well after each addition. Beat until thick and glossy.
3. Spoon the mixture onto the baking paper, keeping the meringue inside the circle drawn on the paper. Smooth the edges with a spatula and form high sides, leaving a slight depression in the centre.
4. Bake for 90 minutes, or until the meringue is dry to the touch and not coloured. Turn the oven off and let the meringue cool completely for 3-4 hours.
5. Meanwhile, make the lime honey by adding honey to a small non-stick pan. Finely grate the zest from the one lime over the honey, then add its juice. Heat the honey over low heat, allowing it to simmer gently for 5 minutes, stirring occasionally. Turn off the heat and let it cool completely. If the lime honey is too thick when cooled, stir through a little hot water to dilute it.
6. In a separate bowl, whisk the cream, vanilla and 2 Tbsp of honey until soft peaks form.
7. Lay the cooled meringue onto a serving plate. Fill the top of the meringue with the whipped honey cream, then arrange the thinly sliced mango over the cream.
8. Drizzle over the honey lime, scatter with toasted coconut flakes and pistachios. Finely grate the zest of the second lime straight over the pavlova. Serve immediately.

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