



4 Day Breakfast Plan | Loaded Ciabatta Toast and Oats Bowls

Chocolate Orange Instant Oats, Tropical Overnight Oats,
Ham and Cheddar Ciabatta, Loaded Avocado Ciabatta Toast

Breakfast 5-10 Minutes

9A

Find all your unchilled Market items in bag A.



Orange



Instant Oats



Chocolate Chips



Coconut Milk



Mango



Lime



Ciabatta



Mature Cheddar
Cheese



Cream Cheese



Dijon Mustard



Smoked Ham
Slices



Avocado



Greek Style
Salad Cheese



Chilli Flakes

Pantry Items

Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, fine grater, bowl, grater and baking tray.

Ingredients

Ingredients	Quantity
Orange**	1
Instant Oats 13	240g (4 packets)
Chocolate Chips 11	100g
Coconut Milk	200ml
Mango**	1
Lime**	1
Ciabatta 13	4
Mature Cheddar Cheese** 7	40g
Cream Cheese** 7	50g
Dijon Mustard 9 14	10g
Smoked Ham Slices**	4 slices
Avocado	1
Greek Style Salad Cheese** 7	50g
Chilli Flakes	1 pinch

Pantry	Quantity
Boiled Water*	300ml
Sugar*	2 tsp
Water*	200ml

*Not Included **Store in the Fridge

Nutrition

Typical values For uncooked ingredient	Recipe 1 per 100g	Recipe 2 per 100g	Recipe 3 per 100g	Recipe 4 per 100g
Energy (kJ/kcal)	1047 /250	609 /146	895 /214	877 /209
Fat (g)	9.1	7.2	9.3	11.6
Sat. Fat (g)	4.5	5.3	4.8	3.6
Carbohydrate (g)	34.2	18.1	21.7	21.8
Sugars (g)	16.8	8.2	1.1	0.7
Protein (g)	5.4	2.8	12.3	6.0
Salt (g)	0.01	0.08	1.45	0.77

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **9**) Mustard **11**) Soya **13**) Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Chocolate Orange Instant Oats

a) Boil a full kettle. Zest the **orange** into a large bowl, then peel the **orange** and separate the segments.

b) Add **2 packets** of **instant oats** and most of the **chocolate chips** to the bowl of **zest**.

c) Pour in **300ml** of **just boiled**. Add a pinch of **salt**, then mix with a spoon until the **porridge** is creamy and the **chocolate chips** have melted, 1-2 mins.

TIP: If you like your oats a little runnier, stir in an extra 100ml of boiled water.

d) Divide the **oats** between your 2 serving bowls. Scatter the **orange segments** on top and sprinkle over the remaining **chocolate chips**.

3



Ham and Cheddar Ciabatta

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Halve **2** of the **ciabatta**.

b) Toast the **ciabatta halves** in your toaster until golden. If you don't have a toaster, warm in the oven on the top shelf until golden, 2-3 mins.

c) Meanwhile, grate the **Cheddar cheese**.

d) Once toasted, spread the **cream cheese** over your **ciabatta halves**, then spread the **mustard** evenly over the **cream cheese**. Top each **ciabatta half** with a **ham slice**, then scatter over the **Cheddar**.

e) Pop your **ham and Cheddar ciabatta** onto a baking tray and bake on the top shelf until the **cheese** is melted and golden, 5-7 mins. Share between 2 serving plates.

2



Tropical Overnight Oats

a) In a large bowl, mix **2 packets** of **instant oats** with the **coconut milk**, **1 tsp sugar** and **200ml** of **cold water**, then cover and refrigerate overnight.

b) When you're ready to eat, peel the **mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone). Pop the **mango** into another large bowl.

c) Zest and juice the **lime** into the bowl of **mango**. Add **1 tsp sugar**, then stir to combine.

d) Divide the **coconut overnight oats** between 2 serving bowls and top with the **zesty mango mixture**.

4



Loaded Avocado Ciabatta Toast

a) If you don't have a toaster, preheat your grill to high. Halve **2** of the **ciabatta**.

b) Toast the **ciabatta halves** in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.

c) Halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh into a bowl. Mash with a fork. Season with **salt** and **pepper**.

d) Spread the **smashed avocado** equally over your **toasted ciabatta**, then share between 2 serving plates.

e) Crumble over the **Greek style salad cheese** and sprinkle over the **chilli flakes** to finish.

Enjoy!