

# **Breakfast Bacon Tostada Stack**

with Smashed Avo, Greek Style Cheese and Sriracha

Breakfast 30-35 Minutes • Medium Spice • 1 of your 5 a day



Plain Taco Tortillas

Sriracha Sauce

Greek Style Salad Cheese



Oil, Salt, Mayonnaise, Olive Oil, Egg

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## **Cooking tools**

Baking paper, baking tray, bowl and frying pan.

#### Ingredients

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Ingredients	Quantity		
Streaky Bacon**	8 rashers		
Plain Taco Tortillas 13)	4		
Baby Plum Tomatoes	125g		
Sriracha Sauce	30g		
Smashed Avocado**	1 pot		
Greek Style Salad Cheese** <b>7)</b>	50g		

Pantry	Quantity
Mayonnaise	2 tbsp
Egg	2
*Not Included **Store in t	he Fridae

#### Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	352g	100g
Energy (kJ/kcal)	2961/708	840/201
Fat (g)	45.6	13.0
Sat. Fat (g)	14.7	4.2
Carbohydrate (g)	41.2	11.7
Sugars (g)	7.8	2.2
Protein (g)	28.2	8.0
Salt (g)	4.23	1.20

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

## Allergens

7) Milk 13) Cereals containing gluten

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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# Bring on the Bacon and Tostadas

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

**b)** Lay the **bacon** in a single layer onto a lined baking tray. When the oven is hot, bake on the middle shelf of your oven until golden brown and crispy, 10-15 mins. **IMPORTANT**: *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.* 

c) Meanwhile, lay the **tortillas** (see ingredients for amount) onto a large baking tray in a single layer and rub each with a little **oil**. Season with **salt** and bake on the top shelf of the oven until golden and crispy, 4-6 mins. TIP: *Keep the other 2 tortillas for another recipe. Tostada means 'toasted', so make sure they're crispy!* 

# **Get Cracking**

**a)** Whilst everything is in the oven, quarter the **baby plum tomatoes**, then halve each quarter.

**b)** In a small bowl, mix together **half** the **sriracha** (add less if you'd prefer things milder) and the **mayonnaise** (see pantry for amount).

c) Heat a drizzle of **olive oil** in a large frying pan on medium-high heat. Once hot, carefully crack in each **egg** (see pantry for amount) and cook for 4-5 mins, or until the **egg white** is cooked and the **yolk** is the firmness you desire. Lower the heat as needed. **IMPORTANT:** *Ensure egg whites are fully cooked.* 

#### Stack and Serve

a) Evenly spread the smashed avocado over each of your tostadas.

b) Divide the streaky bacon and baby plum tomatoes evenly between your tostadas.

c) Crumble over three-quarters of the Greek style salad cheese, saving a quarter to sprinkle over the top of the tostada stacks at the end.

d) Drizzle over half the sriracha mayonnaise.

e) Stack the tostadas into 2 stacks on 2 serving plates.

**f)** Top each **tostada stack** with a **fried egg**, crumble over the remaining **Greek style salad cheese** and drizzle over the remaining **sriracha mayo** to finish.

Enjoy!