



Salami, Cheddar & Avocado Ciabatta Bap

with Sun-Dried Tomato Mayo and Rocket

Lunch 5-10 Minutes • 1 of your 5 a day

13A

Find all your unchilled Market items in bag A.



Ciabatta



Mature Cheddar Cheese



Avocado



Sun-Dried Tomato Paste



Milano Salami



Wild Rocket

Pantry Items
Mayonnaise

Before you start

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

Cooking tools

Bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	2
Mature Cheddar Cheese** 7)	80g
Avocado**	1
Sun-Dried Tomato Paste	25g
Milano Salami**	1 pack
Wild Rocket**	40g

Pantry	Quantity
Mayonnaise*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	279g	100g
Energy (kJ/kcal)	3017 /721	1083 /259
Fat (g)	50.5	18.1
Sat. Fat (g)	16.1	5.8
Carbohydrate (g)	44.2	15.9
Sugars (g)	2.6	0.9
Protein (g)	23.7	8.5
Salt (g)	3.09	1.11

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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1



Warm the Ciabatta

a) If you don't have a toaster, preheat your oven to 220°C/200°C fan/gas mark 7 for the **ciabatta**.

b) Halve the **ciabatta**.

c) If you're using the toaster, toast the **ciabatta** in your toaster until golden. If you're using the oven, pop them into the oven to warm through, 2-3 mins.

2



Prep the Fillings

a) Meanwhile, thinly slice the **cheese**.

b) Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices.

c) In a small bowl, combine the **sun-dried tomato paste** and the **mayo** (see pantry for amount).

3



Build your Ciabatta Baps

a) Spread the **sun-dried tomato mayo** over **both halves** of the **warm ciabatta**, then share the **bases** between 2 serving plates.

b) Top the **bases** with the **salami, sliced avocado, sliced Cheddar** and **rocket**. Sandwich on the **ciabatta lids** to finish.

Enjoy!