



2 Course Brunch | Spicy Bacon & Avo Sandwich with Blueberry and Berry Cream Waffles

Breakfast 15-20 Minutes • **Medium Spice** • 1 of your 5 a day

10A

Find all your unchilled Market items in bag A.



Streaky Bacon



Sriracha Sauce



Avocado



Creme Fraiche



Red Berry Compote



Ciabatta



Waffle Amour
Sugar Pearl Waffles



Blueberries

Pantry Items

Tomato Ketchup, 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, whisk and frying pan.

Ingredients

Ingredients	Quantity
Streaky Bacon**	8 rashers
Sriracha Sauce	15g
Avocado	1
Crème Fraîche** 7)	150g
Red Berry Compote	105g
Ciabatta 13)	2
Waffle Amour Sugar Pearl	4
Waffles 8) 11) 13)	4
Blueberries**	125g

Pantry	Quantity
Tomato Ketchup*	2 tbsp
Egg*	2

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	536g	100g
Energy (kJ/kcal)	4687 /1120	875 /209
Fat (g)	69.0	12.9
Sat. Fat (g)	29.7	5.5
Carbohydrate (g)	94.6	17.7
Sugars (g)	37.4	7.0
Protein (g)	31.0	5.8
Salt (g)	4.17	0.78

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

Allergens

7) Milk 8) Egg 11) Soya 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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Bring on the Bacon

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.

c) Once the oven is hot, bake on the top shelf until golden brown and crispy, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

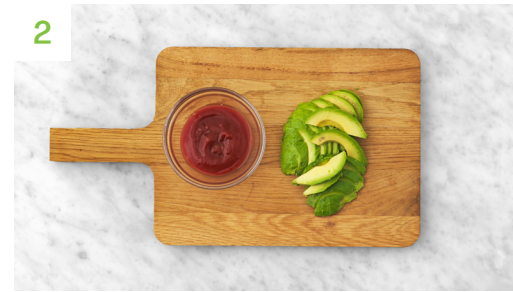


Fry the Eggs

a) Heat a drizzle of **olive oil** in a large frying pan on medium-high heat.

b) Once hot, 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.

c) While the **eggs** cook, halve the **ciabatta**.



Mix and Slice

a) Meanwhile, in a small bowl, combine the **sriracha sauce** with the **tomato ketchup** (see pantry for amount).

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.



Build your Bacon Sarnie

a) Pop the **ciabatta halves** and **4 waffles** onto a baking tray. Warm on the middle shelf of your oven, 2-3 mins. **TIP:** Keep the remaining waffle for another recipe.

b) Spread the **spicy tomato sauce** over the **base** and **lids** of the **toasted ciabatta**. Lay **4 rashers of bacon** onto the **base** of each **ciabatta**. Top with the **sliced avocado** and a **fried egg** each.

c) Sandwich on the **ciabatta lids** and share between 2 serving plates.



Berry Nice

a) In a medium bowl, whisk together the **crème fraiche** and **red berry compote** until slightly thickened, 1-2 mins.



Your 2 Course Brunch is Served

a) Stack **2 waffles** each on 2 separate plates, then spoon over the **red berry cream**.

b) Scatter the **blueberries** over the **waffle stacks** to finish.

Enjoy!