



# Chipotle Sausage Breakfast Tacos

with Streaky Bacon, Cheddar and Smashed Avocado

Breakfast 20-25 Minutes • Medium Spice

10A

Find all your unchilled Market items in bag A.



Streaky Bacon



Pork and Oregano Sausage Meat



Chipotle Paste



Mature Cheddar Cheese



Plain Taco Tortillas



Smashed Avocado

**Pantry Items**

Oil, Salt, Pepper, 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 tray, baking paper, frying pan, bowl, grater and whisk.

## Ingredients

Ingredients	Quantity
Streaky Bacon**	6 rashers
Pork and Oregano Sausage Meat** <b>14)</b>	225g
Chipotle Paste	20g
Mature Cheddar Cheese** <b>7)</b>	60g
Plain Taco Tortillas <b>13)</b>	6
Smashed Avocado**	1 pot

Pantry	Quantity
Egg*	2

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4218 /1008	1043 /249
Fat (g)	60.0	14.8
Sat. Fat (g)	24.5	6.1
Carbohydrate (g)	61.6	15.2
Sugars (g)	6.0	1.5
Protein (g)	46.7	11.5
Salt (g)	5.30	1.31

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

## Allergens

**7)** Milk **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, 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 on a lined baking tray.

**c)** Once 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.



## Get Scrambling

**a)** Return the (now empty) frying pan back to medium-high heat with a drizzle of **oil**.

**b)** Once hot, pour in the **whisked eggs** and cook for 30 secs without stirring, then gently stir, making sure the **eggs** don't stick to the bottom of the pan, 2-3 mins. Once cooked, remove from the heat. **IMPORTANT:** Ensure egg whites are fully cooked.



## Cook the Chipotle Sausage Meat

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

**b)** Once hot, add the **pork sausage meat** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's cooked when no longer pink in the middle.

**c)** Once the **sausage meat** is cooked, stir in the **chipotle paste** (add less if you'd prefer things milder) and cook for a further 1 min, then transfer to a small bowl and cover to keep warm. **TIP:** Keep the fat in the pan to fry your eggs.



## Warm the Tortillas

**a)** When the **eggs** have 2 mins remaining in the pan, pop the **tortillas** onto a baking tray and into the oven on the top shelf to warm through, 1-2 mins.



## Grate and Whisk

**a)** While the **sausage meat** cooks, grate the **cheese**.

**b)** In a medium bowl, whisk the **eggs** (see pantry for amount) until combined and season with a pinch of **salt** and **pepper**.



## Build your Breakfast Tortillas

**a)** To build your **breakfast tortillas**, lay them flat on a board, then share the **scrambled eggs** and **chipotle sausage meat** between them.

**b)** Top each with a **bacon rasher** and a dollop of **smashed avocado**.

**c)** Sprinkle over the **cheese** to finish.

Enjoy!