



# Bacon, Cheddar & Avocado Breakfast Bap with Toasted Ciabatta

**Breakfast** 10-15 Minutes • 2 of your 5 a day

9A

Find all your unchilled Market items in bag A.



Lime



Mature Cheddar  
Cheese



Avocado



Streaky Bacon



Ciabatta

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Grater, bowl, frying pan and kitchen paper.

## Ingredients

Ingredients	Quantity
Lime**	½
Mature Cheddar Cheese** 7)	30g
Avocado	2
Streaky Bacon**	6 rashers
Ciabatta 13)	2

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	320g 2829/676	100g 884/211
Fat (g)	47.0	14.7
Sat. Fat (g)	14.0	4.4
Carbohydrate (g)	44.7	14.0
Sugars (g)	2.0	0.6
Protein (g)	21.2	6.6
Salt (g)	2.67	0.83

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, mollusc, 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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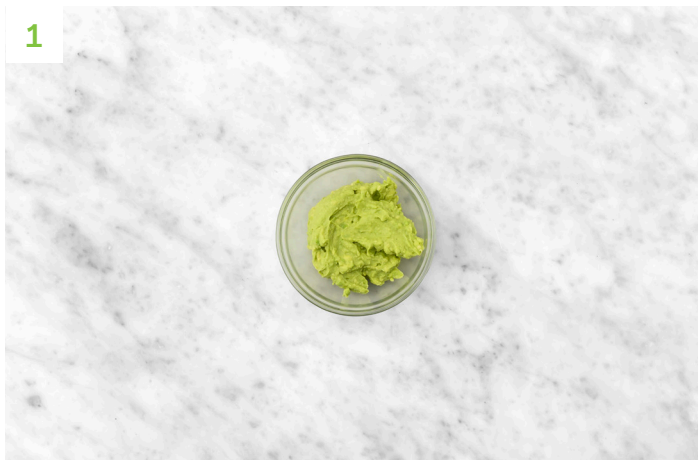
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1



2



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## Smash the Avocado

- If you don't have a toaster, preheat your grill to high.
- Halve the **lime**. Grate the **cheese**.
- Halve the **avocados** and remove the stones. Use a tablespoon to scoop out the flesh into a bowl. Squeeze in some **lime juice**. Mash with a fork. Season with **salt and pepper**.
- Taste and add more **salt, pepper** and **lime juice** if needed. **TIP:** *Keep any remaining lime for another recipe.*

## Fry your Bacon

- Heat a drizzle of **oil** in a medium frying pan on medium-high heat.
- Once hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side. Transfer to a plate lined with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

## Breakfast is Served

- Meanwhile, halve your **ciabatta**. Toast in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.
- Spread the **bases** of your **toasted ciabatta** with the **smashed avocado**, then top with the **crispy bacon**.
- Layer the **cheese** over the **bacon**, then sandwich on the **ciabatta lids** to finish.

Enjoy!