



Absolutely Smashing Smashed Avo Ciabatta

with Greek Style Salad Cheese and Chilli Flakes

Breakfast 5-10 Minutes • **Mild Spice** • 2 of your 5 a day • Veggie

9A

Find all your unchilled Market items in bag A.



Avocado



Lime



Ciabatta



Greek Style Salad Cheese



Chilli Flakes

Pantry Items
Salt, Pepper

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

Bowl.

Ingredients

Ingredients	Quantity
Avocado	2
Lime**	1
Ciabatta 13)	2
Greek Style Salad	
Cheese** 7)	50g
Chilli Flakes	2 pinches

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	306g	100g
Energy (kJ/kcal)	2316/553	758/181
Fat (g)	36.8	12.0
Sat. Fat (g)	9.9	3.2
Carbohydrate (g)	47.1	15.4
Sugars (g)	2.4	0.8
Protein (g)	13.2	4.3
Salt (g)	1.47	0.48

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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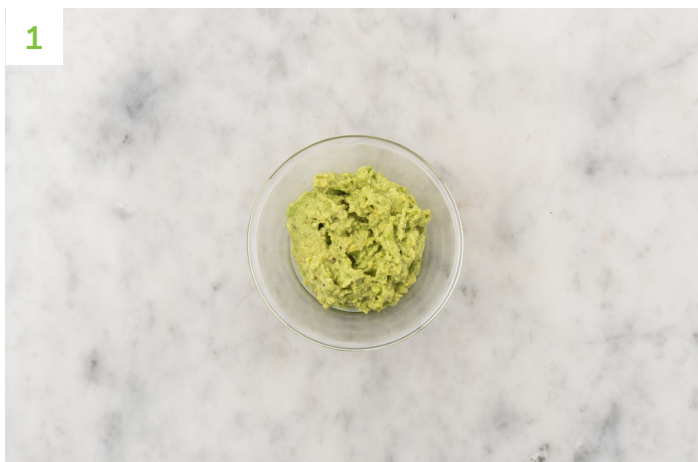
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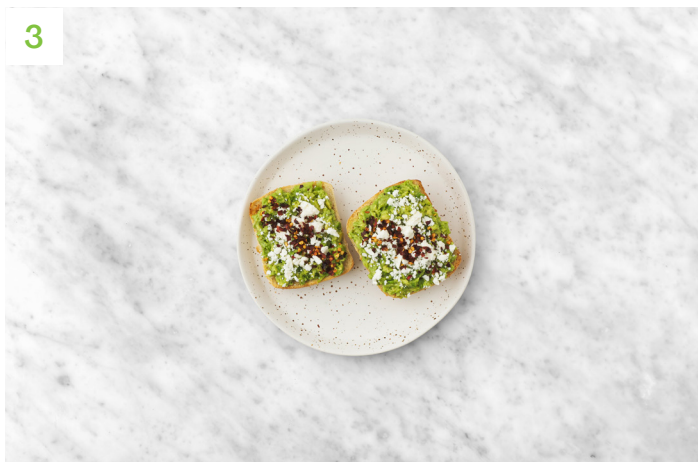
1



2



3



Smash the Avocado

- If you don't have a toaster, preheat your grill to high.
- Halve the **avocados** and remove the stones. Use a tablespoon to scoop out the flesh into a bowl. Mash with a fork. Season with **salt** and **pepper**.
- Halve the **lime**.
- Season the **smashed avocado** to taste with **salt, pepper** and a squeeze of **lime juice**. Mix well and set aside.

Toast the Ciabatta

- Halve the **ciabatta**.
- Toast in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.

Breakfast is Ready

- Pop the **ciabatta halves** onto 2 plates and evenly spread the **avocado** over the **bases** and **lids**.
- Crumble over the **Greek style salad cheese** and sprinkle over the **chilli flakes** (use less if you'd prefer things milder).
- Enjoy your **ciabatta** open or sandwich on the **lids** - it's up to you.

Enjoy!