



# Bacon, Cheddar & Avocado Pan-Fried Panini with Sriracha Mayo

Lunch 15-20 Minutes • Mild Spice

13A

Find all your unchilled Market items in bag A.



British Streaky Bacon



Mature Cheddar Cheese



Avocado



Sriracha Sauce



Ciabatta

### PAN-FRIED PANINI

These are the pan-fried instructions, but this recipe will be just as tasty in a panini press if you have one!

### Pantry Items

Oil, Salt, Pepper, Honey, Mayonnaise



## 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

Frying pan, grater and bowl.

## Ingredients

Ingredients	Quantity
British Streaky Bacon**	8 rashers
Mature Cheddar Cheese** 7)	60g
Avocado	1
Sriracha Sauce	15g
Ciabatta**** 13)	2

Pantry	Quantity
Honey*	1 tbsp
Mayonnaise*	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*\*Please use the ciabatta within 2 days from the delivery day.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	286g	100g
Energy (kJ/kcal)	3144 /751	1099 /263
Fat (g)	50.6	17.7
Sat. Fat (g)	16.3	5.7
Carbohydrate (g)	49.1	17.2
Sugars (g)	9.2	3.2
Protein (g)	26.4	9.2
Salt (g)	3.80	1.33

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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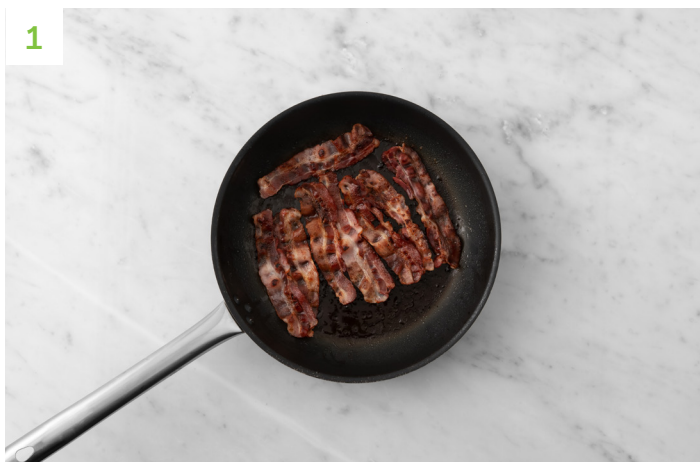
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1



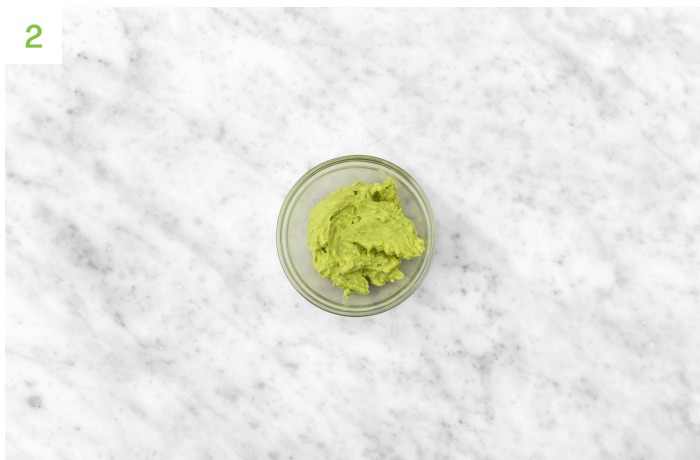
## Bring on the Bacon

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

**b)** Once hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side.

**c)** Add the **honey** (see pantry for amount) to the pan and turn the **bacon** to fully coat, 1-2 mins. Transfer to a plate and set aside. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

2



## Prep the Filling

**a)** Meanwhile, grate the **Cheddar cheese**.

**b)** Halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh into a small bowl. Mash with a fork and season with **salt** and **pepper**.

**c)** In a small bowl, combine the **mayo** (see pantry for amount) and **sriracha** (use less if you'd prefer things milder).

**d)** Halve the **ciabatta**. Spread the **mashed avocado** over the **base** of each **ciabatta**, then spread the **sriracha mayo** onto the **lids**.

**e)** Lay the **honeyed bacon** onto the **avocado**, then top with the **grated cheese**. Sandwich shut with the **ciabatta lids** and firmly press to secure the **fillings**.

3



## Panini Time

**a)** Wipe out your frying pan and return to medium-high heat with a drizzle of **oil**. Once hot, add the **panini**, pressing down with a spatula or heavy-bottomed pan.

**b)** Cook, pressing occasionally, until the **bread** is golden and toasted and the **cheese** has melted, 2-4 mins each side.

**c)** Slice your **paninis** diagonally and share between 2 serving plates.

Enjoy!