



Dip, Dip, Hooray Chunky Guacamole

with Greek Style Cheese and Baby Plum Tomatoes

Special Sides 5-10 Minutes • 2 of your 5 a day • Veggie

6A

Find all your unchilled Market items in bag A.



Baby Plum Tomatoes



Spring Onion



Lime



Avocado



Greek Style Salad Cheese

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.

Cooking tools

Bowl.

Ingredients

Ingredients	Quantity
Baby Plum Tomatoes	125g
Spring Onion**	1
Lime**	1
Avocado	2
Greek Style Salad Cheese** 7)	50g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	288g	100g
Energy (kJ/kcal)	1522/364	529/127
Fat (g)	34.6	12.0
Sat. Fat (g)	9.7	3.4
Carbohydrate (g)	5.5	1.9
Sugars (g)	3.4	1.2
Protein (g)	7.5	2.6
Salt (g)	0.59	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

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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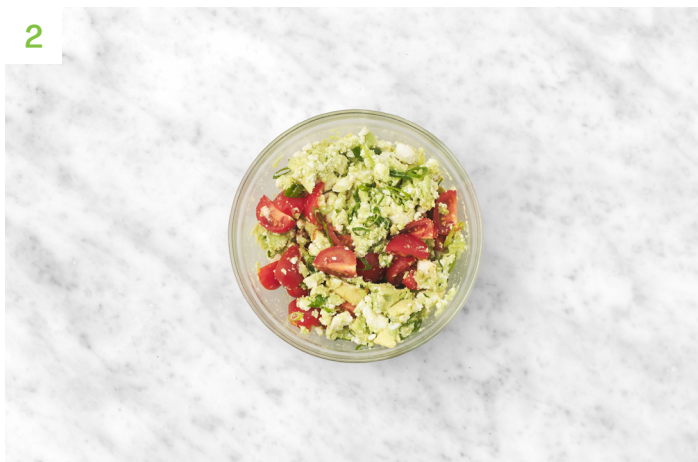
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1



2



3



Get Prepped

- Halve the **baby plum tomatoes**, then chop each **half** into 3-4 **pieces**.
- Trim and thinly slice the **spring onion**.
- Cut the **lime** into wedges.

Absolutely Smashing

- Halve the **avocados** and remove the stones. Use a tablespoon to scoop out the flesh into a medium serving bowl. Mash with a fork. Season generously with **salt** and **pepper**.
- Add the **spring onion** and **tomatoes** to the **avocado**. Stir to combine.
- Crumble **two thirds** of the **Greek style salad cheese** into the **avocado mixture** and squeeze in **lime juice** to taste. Gently mix to combine.

Hey Guacamole!

- Crumble over the remaining **Greek style salad cheese**.
- Serve with any remaining **lemon wedges**.

Enjoy!