



Bacon, Cheddar & Avocado Breakfast Bap with Toasted Ciabatta

Breakfast 10-15 Minutes • 1 of your 5 a day

9A

Find all your unchilled Market items in bag A.



Lime



Mature Cheddar
Cheese



Avocado



British
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
British Streaky Bacon**	6 rashers
Ciabatta 13)	2

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	320g	100g
Energy (kJ/kcal)	2809/671	878/210
Fat (g)	47.0	14.7
Sat. Fat (g)	14.0	4.4
Carbohydrate (g)	42.7	13.4
Sugars (g)	1.8	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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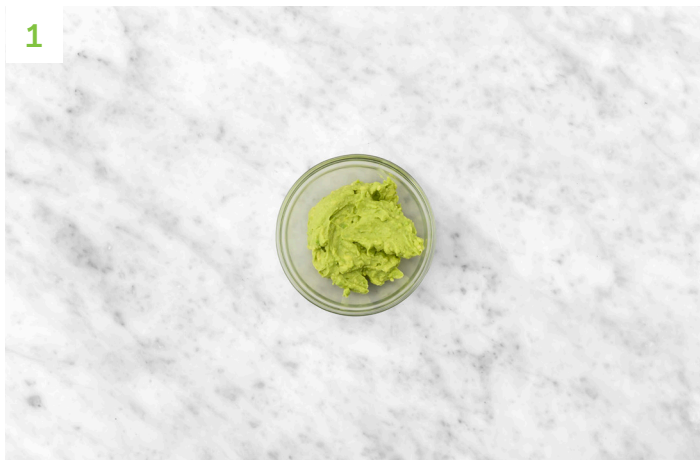
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2



3



Smash the Avocado

- If you don't have a toaster, preheat your grill to high.
- Halve the **lime** (see ingredients for amount). 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!