



# Cheesy Breaded Avocado Fries

with Hot Honey Dipping Sauce

Special Sides 25-30 Minutes • Mild Spice • 1 of your 5 a day • Veggie

7A

Find all your unchilled Market items in bag A.



Breadcrumbs



Grated Hard Italian Style Cheese



Avocado



Hot Sauce



Honey



Unsalted Butter

**Pantry Items**

Egg, Salt, Pepper, Oil

## 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, whisk, baking tray and saucepan.

## Ingredients

Ingredients	Quantity
Breadcrumbs <b>13</b>	40g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	60g
Avocado	2
Hot Sauce	50g
Honey	15g
Unsalted Butter** <b>7</b>	20g

Pantry	Quantity
Egg for Binding*	1
Oil for the Breadcrumbs*	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	276g 2750 /657	100g 998 /239
Fat (g)	54.0	19.6
Sat. Fat (g)	18.5	6.7
Carbohydrate (g)	28.7	10.4
Sugars (g)	9.0	3.3
Protein (g)	14.5	5.3
Salt (g)	1.54	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

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

## Allergens

**7**) Milk **8**) Egg **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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1



2



3



## Prep your Breadcrumb Coating

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7.

**b)** Crack the **egg for binding** (see pantry for amount) into a medium bowl, then whisk the **egg** until combined and season with a pinch of **salt** and **pepper**.

**c)** In a separate medium bowl, combine the **breadcrumbs**, **grated hard Italian style cheese** and the **oil for the breadcrumbs** (see pantry for amount).

## Bread the Avocado Fries

**a)** Halve the **avocados** and remove the stones. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices.

**b)** Dip the **avocado slices** into the **egg** and then the **breadcrumbs**, ensuring they are completely coated. Transfer to a large baking tray.

**c)** Bake on the middle shelf of your oven until crisp and golden, 10-12 mins.

## Make your Hot Honey Sauce

**a)** While the **avocado fries** bake, combine the **hot sauce** (add less if you'd prefer things milder), **honey** and **butter** in a medium saucepan on medium heat until melted, 1-2 mins. Set aside until serving. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

**b)** Once baked, transfer your **avocado fries** to a serving bowl and season with a sprinkle of **salt**.

**c)** Serve the **hot honey sauce** in a bowl alongside for dipping.

Enjoy!