



Sweet Chilli Bacon & Cream Cheese Breakfast Bap on Toasted Ciabatta

Breakfast 10-15 Minutes • Mild Spice

29A

Find all your unchilled Market items in bag A.



British Streaky Bacon



Ciabatta



Cream Cheese



Sweet Chilli Sauce

Pantry Items
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

Frying pan and kitchen paper.

Ingredients

Ingredients	Quantity
British Streaky Bacon**	8 rashers
Ciabatta 13)	2
Cream Cheese** 7)	100g
Sweet Chilli Sauce	32g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	216g	100g
Energy (kJ/kcal)	2175 /520	1007 /241
Fat (g)	28.1	13.0
Sat. Fat (g)	13.8	6.4
Carbohydrate (g)	48.4	22.4
Sugars (g)	9.0	4.1
Protein (g)	19.5	9.0
Salt (g)	3.27	1.51

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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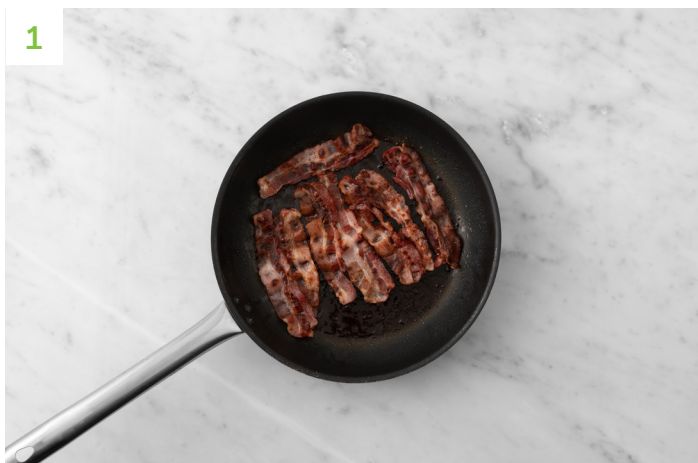
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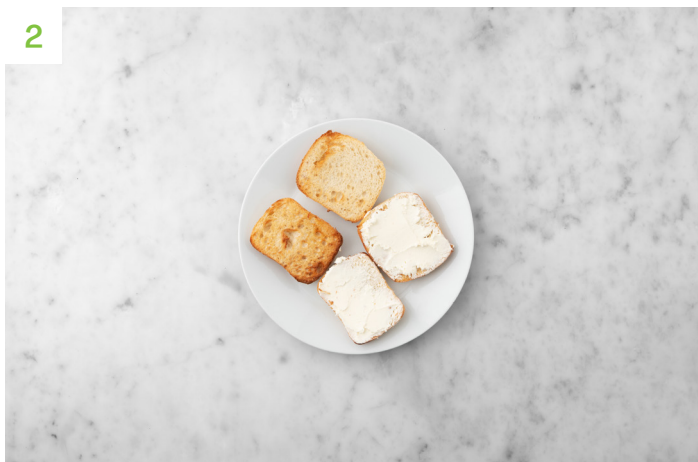
1



Fry the Bacon

- If you don't have a toaster, preheat your grill to high.
- Heat a drizzle of **oil** in a 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.
- Once cooked, transfer to a plate lined with kitchen paper. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

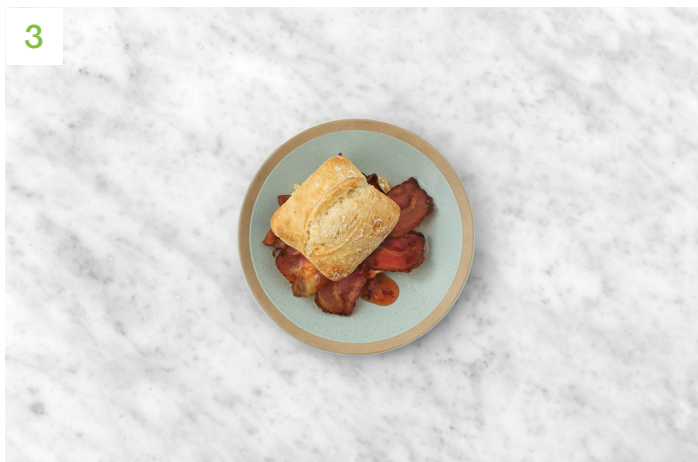
2



Bring on the Ciabatta

- While the **bacon** fries, halve the **ciabatta** and toast in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.
- Once toasted, pop the **ciabatta halves** onto 2 serving plates and spread the **cream cheese** evenly over the **ciabatta bases**.

3



Breakfast is Ready

- Lay the **bacon** on top of the **cream cheese**.
- Drizzle over the **sweet chilli sauce**.
- Sandwich shut with the **ciabatta lids** to finish.

Enjoy!