



Avocado & Bacon on Toast

with Peanut & Maple Syrup Buttermilk Pancakes

Special Sides 35 Minutes • 2 of your 5 a day

N° 3A



Creme Fraiche



Peanut Butter



Maple Syrup



Salted Peanuts



Mini Sourdough Cob



Streaky Bacon Rasher



Baby Plum Tomatoes



Balsamic Vinegar



Avocado



Lime



Pancakes



Feta Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Whisk, Baking Paper, Baking Tray.

Ingredients

	2P
Creme Fraiche 7) **	75g
Peanut Butter 1)	1 sachet
Maple Syrup	1 sachet
Salted Peanuts 1)	25g
Mini Sourdough Cob 13)	1 cob
Streaky Bacon Rasher**	8 rashers
Baby Plum Tomatoes	125g
Balsamic Vinegar 14)	1 sachet
Avocado**	1
Lime**	1
Pancakes 7) 8) 13)	4
Feta Cheese 7) **	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	542g	100g
Energy (kJ/kcal)	5135 /1227	948 /226
Fat (g)	71	13
Sat. Fat (g)	25	5
Carbohydrate (g)	103	19
Sugars (g)	30	6
Protein (g)	41	8
Salt (g)	4.45	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Pancake Prep

Preheat your oven to 200°C. Mix the **creme fraiche**, **peanut butter** and **maple syrup** in a small bowl. Use a fork or small whisk to combine. Set aside in the fridge to chill until needed. Roughly chop the **peanuts** and set aside.



Cook the Bacon

Meanwhile, cut 2 slices of **sourdough** per person and set aside. Lay the **bacon** in a single layer on a baking paper lined tray and bake on the middle shelf until golden brown and crispy, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Meanwhile, halve the **baby plum tomatoes**. Put the **tomatoes** in a small bowl and dress with the **balsamic vinegar** and a splash of **olive oil**. Season with **salt** and **pepper** and set aside.



Crush the Avocado

While the **bacon** cooks, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl. Using the back of a fork mash the **avocado** until you have a **chunky guacamole** consistency. Halve the **lime** and squeeze in your desired amount of **juice**, season to taste with **salt** and **pepper**. Stir and set aside.



Cook the Tomatoes

When the **bacon** is 8 mins from being cooked, put the **tomatoes** on a tray and pop on the top shelf of your oven to cook until they begin to become sticky and glazed, 6-8 mins.



Make Your Pancakes

Pop the **pancakes** in your oven until they are warmed through, 2-3 mins. Toast the **sourdough** in your toaster until golden. Spread the **peanut butter creme fraiche mixture** evenly over each **pancake**. Stack 2 **pancakes** each on a plate and sprinkle with the **chopped peanuts**.



Time to Serve

Pop your **toast** on separate plates - 2 pieces per person. Spread the **crushed avocado** on your **sourdough** and top with the **crispy bacon**. Serve the **balsamic tomatoes** on top of the **bacon** and crumble the **feta** over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.