



Chicken, Serrano & Avocado Seeded Roll

Lunch 10 Minutes • 1 of your 5 a day

4A



Avocado



Seeded Roll



Mayonnaise



Cooked Chicken Slices



Serrano Ham

Before you start

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

Cooking tools, you will need:

Knife, Cutting Board, Bowl.

Ingredients

	Quantity
Avocado**	1
Granary Roll 13	1
Mayonnaise 8 9 **	1 sachet
Cooked Chicken Slices**	1 pack
Serrano Ham**	2 slices

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	198g	100g
Energy (kJ/kcal)	1785 /427	902 /216
Fat (g)	25	13
Sat. Fat (g)	5	2
Carbohydrate (g)	31	16
Sugars (g)	4	2
Protein (g)	20	10
Salt (g)	1.99	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 13) Gluten

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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HelloFresh UK

Packed in the UK

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You can recycle me!



1



2



3



Prep

- 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 the flesh out into a bowl.
- Mash the **avocado**.

Cut the Bread

- Cut the **seeded roll** lengthways down the side - be careful not to cut all the way through.

Assemble

- Spread the **mayo** on the lid of the **seeded roll** and the **crushed avocado** on the base.
- Top the **avocado** with the **chicken**.
- Lay the **serrano ham** on the **chicken**.

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.