



Crushed Avocado Bagel

with Greek Style Salad Cheese and Chilli Flakes

Breakfast 5-10 Minutes • Veggie • Mild Spice

3A



Avocado



Lime



Sesame Bagel



Greek Style Salad
Cheese



Chilli Flakes

Pantry Items
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

Bowl, chopping board and knife.

Ingredients

Ingredients	Quantity
Avocado	1
Lime**	½
Sesame Bagel 3) 13)	1
Greek Style Salad Cheese** 7)	50g
Chilli Flakes	1 pinch

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	321g	100g
Energy (kJ/kcal)	2666/637	832/199
Fat (g)	41.2	12.9
Sat. Fat (g)	13.5	4.2
Carbohydrate (g)	48.3	15.1
Sugars (g)	6.9	2.2
Protein (g)	19.6	6.1
Salt (g)	1.71	0.53

Nutrition for uncooked ingredients based on 1 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 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, milk, egg, mustard, celery, soya, 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.

Contact

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The Fresh Farm

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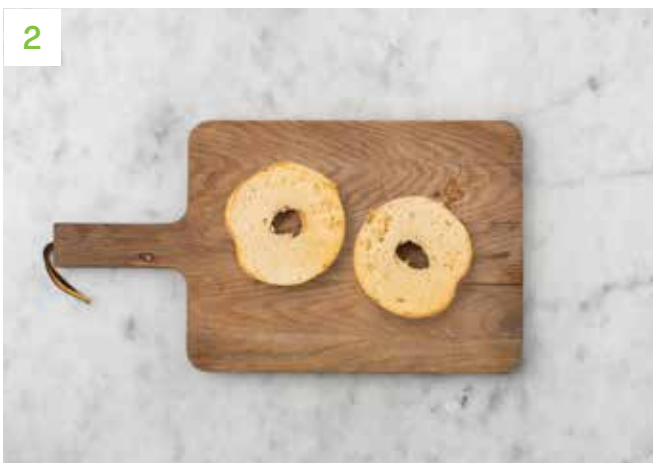
 You can recycle me!



1



2



3



Avo Time

a) Halve the **avocado** and remove the stone. Cut the **avocado** into chunks (while it's still in its skin), then use a tablespoon to scoop out the flesh into a serving bowl.

b) Mash with the back of a fork. Season to taste with **salt, pepper** and a squeeze of **lime juice**.

c) Mix well and set aside.

Bring on the Bagel

a) Halve the **bagel** and toast in your toaster.

Breakfast is Ready

a) Pop the **bagel halves** onto your plate and evenly spread over the **crushed avocado**.

b) Crumble over the **Greek style salad cheese** and sprinkle with **chilli flakes** (use less if you'd prefer things milder).

c) Eat your **bagel** either open or closed - up to you.

Enjoy!