



# Crushed Avocado Bagel

with Greek Style Salad Cheese and Chilli Flakes

**Breakfast** 5-10 Minutes • Mild Spice • 1 of your 5 a day • Veggie

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, knife and chopping board.

## Ingredients

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

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 360g	Per 100g 100g
Energy (kJ/kcal)	2716 / 649	753 / 180
Fat (g)	41.3	11.4
Sat. Fat (g)	13.5	3.8
Carbohydrate (g)	52.5	14.6
Sugars (g)	7.6	2.1
Protein (g)	19.9	5.5
Salt (g)	1.73	0.48

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

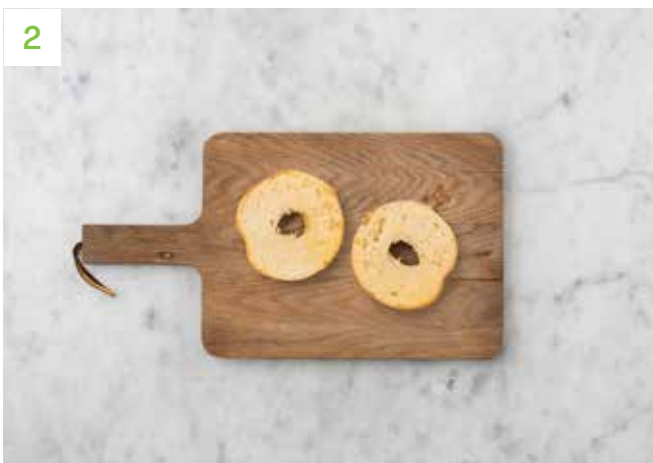
 You can recycle me!



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.

## Toast 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!