

Smashed Avocado Bagel

with Crispy Streaky Bacon

Breakfast 10 Minutes









Unsalted Butter







Streaky Bacon



Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl and frying pan.

Ingredients

	Quantity		
Lime**	1/2		
Unsalted Butter** 7)	20g		
Avocado	1		
Streaky Bacon**	4 rashers		
esame Bagel 3) 13) 1			
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	175g	100g
Energy (kJ/kcal)	1745 /417	997 /238
Fat (g)	31	17
Sat. Fat (g)	12	7
Carbohydrate (g)	24	14
Sugars (g)	3	2
Protein (g)	12	7
Salt (g)	1.29	0.74

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

3) Sesame 7) Milk 13) Gluten

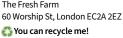
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

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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Smash your Avo

the flesh out into a bowl.

a) Heat a drizzle of oil in a frying pan on medium-high heat.

a) Halve the lime and remove the butter from your fridge.

Taste and add more salt, pepper and lime juice if needed.

b) 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

c) Squeeze in some lime juice and season with salt and pepper, then mash with a fork.

b) Lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side. IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Assemble your Bagel

- a) Meanwhile, halve your bagel and toast in your toaster.
- b) Spread with the butter and top with your smashed avocado.
- c) Finish with 2 rashers of bacon per bagel half and enjoy either open or closed up to you.

Enjoy!

