



Smashed Avocado Bagel with Crispy Streaky Bacon

Breakfast 10 Minutes

3A



Lime



Unsalted Butter



Avocado



Streaky Bacon



Sesame Bagel

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**	½
Unsalted Butter** 7)	20g
Avocado	1
Streaky Bacon**	4 rashers
Sesame 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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The Fresh Farm

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1



2



3



Smash your Avo

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

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 the flesh out into a bowl.

c) Squeeze in some **lime juice** and season with **salt** and **pepper**, then mash with a fork. Taste and add more **salt**, **pepper** and **lime juice** if needed.

Fry your Bacon

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

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!