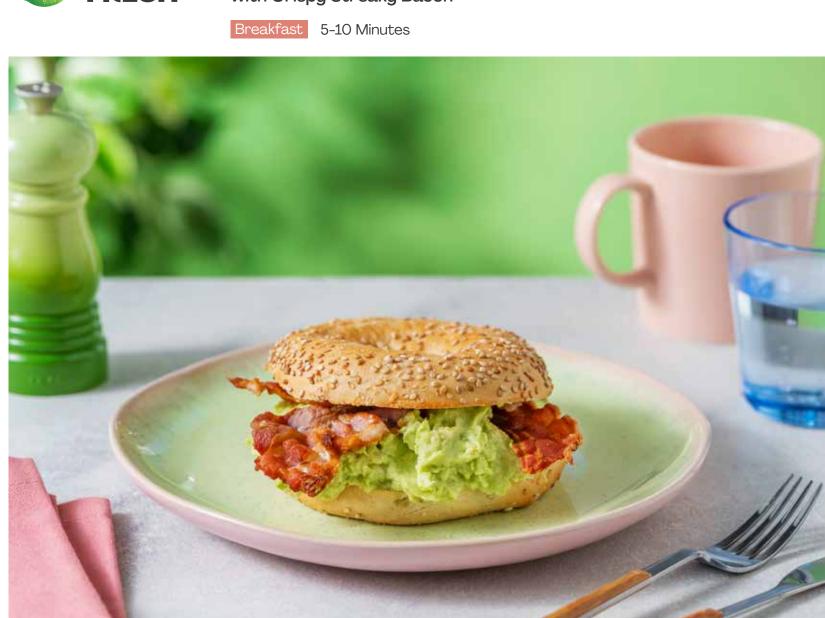


Smashed Avocado Bagel

with Crispy Streaky Bacon









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

	2P	
Lime**	1/2	
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	350g	100g
Energy (kJ/kcal)	3490 /834	997 /238
Fat (g)	61.0	17.4
Sat. Fat (g)	23.3	6.6
Carbohydrate (g)	48.1	13.7
Sugars (g)	6.8	1.9
Protein (g)	23.1	6.6
Salt (g)	2.58	0.74

Nutrition for uncooked ingredients based on 1 person recipe.

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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HelloFresh UK

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Fry your Bacon

Smash your Avo

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.

add more salt, pepper and lime juice if needed.

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.

b) Halve the **avocado** and remove the stone. Use a tablespoon to spoon the flesh into

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



Assemble

- a) Meanwhile, halve your bagel and toast in your toaster.
- b) Spread each bagel half 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!

