



Smashed Avo on Toast with Ballymaloe Relish

Serves 2

Breakfast 10 – 15 mins • Egg(s) not included



Avocado



Greek Style Cheese



Lime



Dried Chilli Flakes



Ballymaloe Tomato Relish



Ciabatta

Pantry Items: Salt, Pepper, Egg (Optional)



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2024-W36

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Ingredients

	Quantity
Avocado	1 unit
Greek Style Cheese	100 g
Lime	1 unit
Dried Chilli Flakes	1 sachet
Ballymaloe Tomato Relish	1 pot
Ciabatta	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	261g	100 g
Energy (kJ/kcal)	2061 kJ/ 493 kcal	790 kJ/ 189 kcal
Fat (g)	31.8 g	12.2 g
Sat. Fat (g)	11.3 g	4.3 g
Carbohydrate (g)	42 g	16.1 g
Sugars (g)	7.9 g	3 g
Protein (g)	14.5 g	5.5 g
Salt (g)	1.9 g	0.7 g

Nutrition for uncooked ingredients.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **avocado** and remove the pit. Use a tablespoon to scoop out the flesh into a bowl. Mash with a fork. Season with **salt** and **pepper**.
- Halve the **lime**.
- Season the smashed **avocado** to taste with **salt, pepper** and a squeeze of **lime** juice.
- Mix well and set aside.

TIP: To avoid turning on the oven, toast the bread in the toaster instead.

Warm the Ciabatta

- Halve the **ciabatta** lengthways.
- Toast in your toaster until golden. Alternatively, warm in the oven for 4-6 mins.

TIP: For an optional fried egg, place a pan over medium-high heat with a drizzle of oil. Once hot, crack in your egg (1 per person). Cook until the egg white is cooked and the yolk is your desired firmness, 4-5 mins. Lower the heat as needed.

Assemble and Serve

- Divide the toasted **ciabatta** between plates.
- Spread the **Ballymaloe relish** evenly over the cut side of each piece. Top with the **avocado**
- If you've made one, add your optional **egg**.
- Crumble the **Greek style cheese** over the top. Finish with a sprinkling of **chilli flakes** (use less if you'd like things milder).
- Enjoy your **ciabatta** open faced or sandwiched closed.

Enjoy!