



# Bacon and Avo Breakfast Sandwich

Serves 2

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



Bacon



Avocado



Ballymaloe  
Tomato Relish



Brioche Buns



Lime



Grated Cheese



Pantry Items: Salt, Pepper, Egg (Optional)



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2024-W43

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

## Ingredients

	Quantity
Bacon	130 g
Avocado	1 unit
Ballymaloe Tomato Relish	1 pot
Brioche Buns	2 units
Lime	1 unit
Grated Cheese	50 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	313.5 g	100 g
Energy (kJ/kcal)	2899.5 kJ/ 693 kcal	924.9 kJ/ 221.1 kcal
Fat (g)	45.1 g	14.4 g
Sat. Fat (g)	14.4 g	4.6 g
Carbohydrate (g)	53.7 g	17.1 g
Sugars (g)	13.6 g	4.3 g
Protein (g)	25.9 g	8.3 g
Salt (g)	3.1 g	1 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.

## Contact

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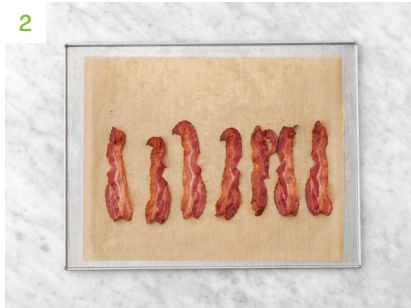


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## Get Prepped

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

## Cook the Bacon

- Arrange the **bacon** on a lined baking tray.
- Bake on the top shelf of the oven until golden and crispy, 10-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Cook bacon thoroughly.
- Place the **buns** alongside to warm for the final 2 mins.

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

## Assemble and Serve

- Spread **Ballymaloe relish** evenly over each **bun** base
- Top with the **avocado, bacon** and **cheese**.
- If you've made one, add your optional **egg**.
- Sandwich closed with the **bun** lid.

## Enjoy!