



Chilli Flake Smashed Avo Toast

Serves 2

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



Avocado



Greek Style
Cheese



Lime



Dried Chilli Flakes



Ballymaloe
Tomato Relish



Ciabatta

Pantry Items: Salt, Pepper, Egg
(Optional)



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2024-W44

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 |
|--------------------------|----------|
| 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 | 256 g | 100 g |
| Energy (kJ/kcal) | 2008.3 kJ/ 480 kcal | 784.5 kJ/ 187.5 kcal |
| Fat (g) | 30.2 g | 11.8 g |
| Sat. Fat (g) | 11.5 g | 4.5 g |
| Carbohydrate (g) | 42.8 g | 16.7 g |
| Sugars (g) | 8.1 g | 3.2 g |
| Protein (g) | 14.6 g | 5.7 g |
| Salt (g) | 1.9 g | 0.7 g |

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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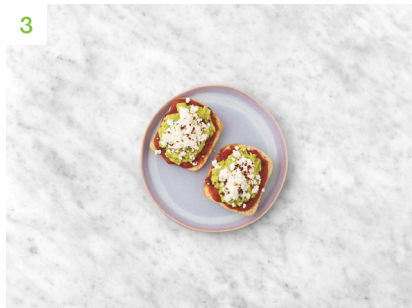
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2



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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. Crumble in **three-quarters** of the **cheese**. 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: Alternatively, 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 remaining **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!