



# Golden Cheese and Avo Bap

serves 2

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



Avocado



Ballymaloe  
Tomato Relish



Brioche Buns



Grilling Cheese



Lime



Pantry Items: Salt, Pepper, Egg  
(Optional)



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## 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
Ballymaloe Tomato Relish	1 pot
Brioche Buns	2 units
Grilling Cheese	200 g
Lime	1 unit

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>320.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3066.9 kJ/ 733 kcal	956.9 kJ/ 228.7 kcal
Fat (g)	45.6 g	14.2 g
Sat. Fat (g)	19.6 g	6.1 g
Carbohydrate (g)	54.9 g	17.1 g
Sugars (g)	15.8 g	4.9 g
Protein (g)	33.4 g	10.4 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.

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## Get Prepped

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

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

## Fry the Cheese

- Remove the **cheese** from the **water** and pat dry with kitchen paper.
- Place a pan (preferably non-stick) over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **cheese** until golden, 2-3 mins each side.
- Pop the **buns** into the oven to warm through, 2-3 mins.

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

## Assemble and Serve

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

## Enjoy!