



**HELLO  
FRESH**

## INGREDIENTS

2 PERSON | 4 PERSON



**4 Slices | 8 Slices**  
Sourdough Bread  
Contains: Soy, Wheat



**1 | 1**  
Long Green  
Pepper



**½ Cup | 1 Cup**  
Guacamole



**3 TBSP | 6 TBSP**  
Sour Cream  
Contains: Milk



**1 | 2**  
Tomato



**16 oz | 16 oz**  
Refried Black  
Beans



**½ Cup | 1 Cup**  
Cheddar Cheese  
Contains: Milk



**1 tsp | 2 tsp**  
Hot Sauce

# 7-LAYER DIP AVOCADO TOASTS

with Tomato, Refried Black Beans & Cheddar



✓ **READY, SET,  
BREAKFAST!**



ANY ISSUES WITH  
YOUR ORDER?  
SCAN HERE TO  
GET HELP!

**TOTAL TIME: 10 MIN | CALORIES: 600**



### BUST OUT

- Can opener
- Kosher salt
- Medium bowl
- Black pepper
- Plastic wrap

### MAKING THE CUT

Squishing tomatoes when slicing or dicing? Use a serrated or bread knife! The teeth on the blade cut through the skin every time.

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## 7-LAYER DIP AVOCADO TOASTS

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### INSTRUCTIONS

- Place **beans** in a medium microwave-safe bowl; cover with plastic wrap. Microwave for 1 minute, then stir. Continue to microwave in 1-minute increments until warmed through.
- Toast **bread** until golden brown.
- While bread is toasting, **wash and dry produce**.
- Thinly slice **tomato** into rounds; season with **salt** and **pepper**. Core, deseed, and dice **half the green pepper** (whole pepper for 4 servings) into ¼-inch pieces.
- Place **toasted bread slices** on a clean work surface. Top with **half the beans** (all for 4 servings), then layer with **guacamole**, **tomato**, **diced green pepper**, **cheddar**, and **sour cream**. Drizzle with as much **hot sauce** as you like.
- Divide **toasts** between plates and serve.