



Cucumber & Cream Cheese Bagel

with Spring Onion

SERVES
2



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients 2 people

Cucumber	1
Spring Onion	1 stem
Lemon	1
Bagels	1 packet
Cream Cheese	1 packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2397kJ (573Cal)	680kJ (163Cal)
Protein (g)	19.5g	5.5g
Fat, total (g)	23.7g	6.7g
- saturated (g)	14.3g	4.1g
Carbohydrate (g)	66.4g	18.8g
- sugars (g)	12.7g	3.6g
Sodium (g)	719mg	204mg

The quantities provided above are averages only.

1. Get prepped

Thinly slice **cucumber** and **spring onion**. Cut **lemon** into wedges.

2. Toast bagels

Halve **bagels**. Toast or grill to your liking.

3. Serve up

Transfer bagels to serving plates. Spread with **cream cheese** and top with cucumber and spring onion. Season with **salt** and **pepper**. Serve with lemon wedges.

Fresh tip!

For extra flavour, pickle the cucumber in 1/4 cup of white wine vinegar with a good pinch of sugar and salt and just enough water to cover the cucumber. Set aside for 5 minutes then drain.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact



SFC



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Combining a fresh bagel and delicious savoury toppings, our **Smoked Salmon & Cream Cheese Bagel with Spring Onion & Capers** is sure to be a hit!



Treat yourself

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Sweetcorn & Spring Onion Fritter Bites

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