

Cucumber & Cream Cheese Bagel

with Spring Onion





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 *Pantry Items	1 packet	
Cream Cheese *Pantry Items	1 packe	

Nutrition Information

Energy (kJ) (573Cal) (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	AVG QTY		PER 100g
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0 10	Carbohydrate (g)	66.4g	18.8g
Sodium (g) 719mg 204mg	- 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 ware allergens may have changed.

We're here to help!

for the most tion. Visit concerns, please contact us at hellofresh.com.au/contact



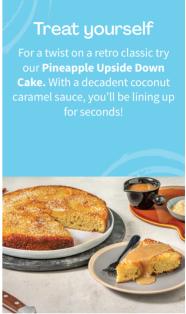
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