



Smoked Salmon & Cream Cheese Bagel

with Capers & Spring Onion

SERVES
2



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Spring Onion	1 stem
Bagels	2
Cream Cheese	1 packet
Cold-Smoked Salmon	2 packets
Capers	1 packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	3213kJ (768Cal)	945kJ (226Cal)
Protein (g)	43.1g	12.7g
Fat, total (g)	36.3g	10.7g
- saturated (g)	16.8g	4.9g
Carbohydrate (g)	64.4g	18.9g
- sugars (g)	10.6g	3.1g
Sodium (g)	2159mg	635mg

The quantities provided above are averages only.

1. Get prepped

Thinly slice **spring onion**.

2. Toast bagels

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

3. Serve up

Transfer bagels to serving plates and spread with **cream cheese**. Season with **salt** and **pepper**. Top with **cold-smoked salmon**, spring onion and **capers** to serve.

Fresh tip!

Gently scramble or boil an egg for a delicious extra topping!

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



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ON THE MENU

With delicious options for every occasion from breakfast to dinner, HelloFresh has you covered for every meal of the day.

Brekkie delights

Make breakfast extra delicious with one of our satisfying breakfast options, like granola, pancakes and bagels.

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

For a twist on a retro classic try our **Pineapple Upside Down Cake**. With a decadent coconut caramel sauce, you'll be lining up for seconds!



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Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

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