



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



SBI

More meal occasions



Scan the QR code to add these to next week's box!



Get some more Vitamin C in your week! Try our Fruit Box.

Breakfast & Brunch

Tuck in to a sweet or savoury delight to start your day out right.



No Sugar

Passionfruit Kombucha Remedy
Four 250ml cans



Cafe fave

Caramelised Pear & Pecan Pancakes with Syrup & Cream



Quick brunch

Prosciutto & Cheese Croissant with Dijon Mustard

Quick Lunches

Short on time? Whip up these delicious dishes in a flash!



Lunch bites

Sweet Chilli Tofu Bao Buns with Creamy Pea Pod Slaw & Crispy Shallots



Ready to heat

Nonna's Beef Bolognese
No Prep | Ready in 5



Yum cha at home

Chicken Gyoza
Chan's Yum Cha at Home

Sides & Desserts

Turn dinner into a feast that the whole family will love.



The perfect side

Pear & Parmesan Green Salad with Parsley & Pine Nuts



Four easy steps

Spiced Apple & Pear Crumble with Vanilla Custard



One-bowl baking

Double Chocolate Chip Muffins
Makes 10+