





First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people	
Tomato	1	
Bagels	2	
Cream Cheese	1 packet	
Basil Pesto	2 packets	
*Pantry Items		

Nutrition Information		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	3365kJ	1160kJ
	(804Cal)	(277Cal)
Protein (g)	20.4g	7g
Fat, total (g)	47.1g	16.2g
- saturated (g)	14.9g	5.1g
Carbohydrate (g)	69.8g	24.1g
- sugars (g)	11.9g	4.1g
Sodium (g)	971mg	335mg

The quantities provided above are averages only.

1. Get prepped

Thinly slice tomato.

2. Toast bagels

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

3. Serve up

Transfer bagels to serving plates. Spread with **cream cheese**, top with tomato and dollop with **basil pesto** to serve.

Fresh tip!

Add a fresh herb to your bage!!

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



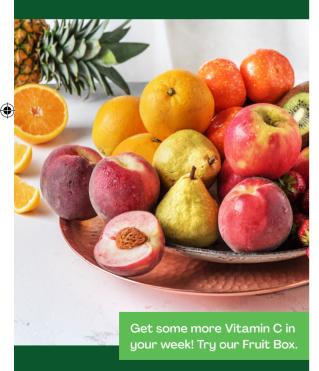




More meal occasions



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



Breakfast & Brunch

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



No Suga

Passionfruit Kombucha Remedy
Four 250ml cans



Cafe fave

Caramelised Pear & Pecan
Pancakes with Syrup & Cream



Ouick brund

Prosciutto & Cheese Croissant with Diion Mustard

Quick Lunches

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



Kid-friendly

Cheesy Aussie Chicken Burger with Fries & Garlic Aioli



eadu to heat

Beef LasagneNo Prep | Ready in 5



Lunch bite

Oyster Sauce Chicken Bao Buns with Mayo & Pickled Cucumber

Sides & Desserts

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



Peadu to bak

Garlic Bread Serves 4+



The perfect side

Roasted Potatoes & Creamy Fetta with Lemon Zest



Four easy steps

Chocolate Self-Saucing Pudding with Mixed Berry Compote

