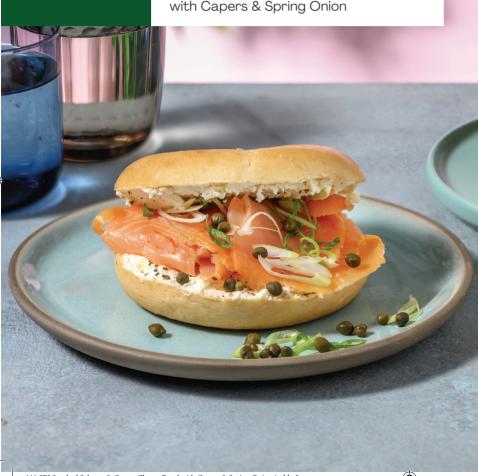




### **Smoked Salmon &** Cream Cheese Bagel

with Capers & Spring Onion







#### 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<br>Salmon | 2 packets |
| Capers                | 1 packet  |
| *Pantry Items         |           |

| Nutrition Information |                |             |
|-----------------------|----------------|-------------|
| AVG QTY               | PER<br>SERVING | PER<br>100g |
| Energy (kJ)           | 3213kJ         | 945kJ       |
|                       | (768Cal)       | (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



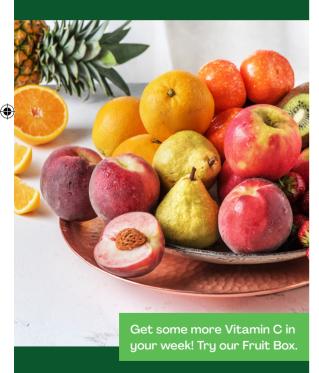




# More meal occasions



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 fav

Caramelised Pear & Pecan Pancakes with Syrup & Cream



Ouick brun

**Prosciutto & Cheese Croissant** with Diion 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 hon

Chicken Gyoza Chan's Yum Cha at Home

#### Sides & Desserts

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



The perfect sic

**Pear & Parmesan Green Salad** with Parsley & Pine Nuts



Four easy steps

Spiced Apple & Pear Crumble with Vanilla Custard



One-bowl baki

**Double Chocolate Chip Muffins**Makes 10+

