



# Toasted Bagel & Cream Cheese

with Tomato & Basil Pesto

SERVES  
**2**



### 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 (804Cal)	1160kJ (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.

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Grab your Kit



### 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 bagel!

### We're here to help!

If you have any questions or concerns, please contact us at [hellofresh.com.au/contact](https://hellofresh.com.au/contact)



SBH

# 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.



Cafe fave

**Lemon Sugar Pancakes**  
with Lemon Curd & Almonds



Quick brunch

**Prosciutto & Cheese Croissant**  
with Dijon Mustard



Snack on the go

**Choc Chip Protein Cookie**  
Youfoodz

## Quick Lunches

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



Kid-friendly

**Cheesy Aussie Chicken Burger**  
with Fries & Garlic Aioli



Ready to heat

**Mohit's Butter Chicken**  
No Prep | Ready in 5



Lunch bites

**Oyster Sauce Chicken Bao Buns**  
with Mayo & Pickled Cucumber

## Sides & Desserts

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



Ready to bake

**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