HELLO FRESH

SERVES 2

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 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!

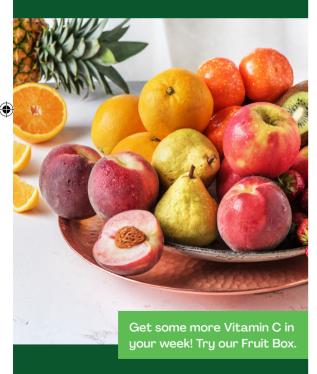If you have any questions or concerns, please contact us at **hellofresh.com.au/contact**

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.

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