



Cucumber & Cream Cheese Bagel

with Spring Onion

SERVES

2



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients 2 people

Cucumber	1
Spring Onion	1 stem
Lemon	1
Bagels	1 packet
Cream Cheese	1 packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2397kJ (573Cal)	680kJ (163Cal)
Protein (g)	19.5g	5.5g
Fat, total (g)	23.7g	6.7g
- saturated (g)	14.3g	4.1g
Carbohydrate (g)	66.4g	18.8g
- sugars (g)	12.7g	3.6g
Sodium (g)	719mg	204mg

The quantities provided above are averages only.

1. Get prepped

Thinly slice **cucumber** and **spring onion**. Cut **lemon** into wedges.

2. Toast bagels

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

3. Serve up

Transfer bagels to **servicing** plates. Spread with **cream cheese** and top with cucumber and spring onion. Season with **salt** and **pepper**. Serve with lemon wedges.

Fresh tip!

For extra flavour, pickle the cucumber in 1/4 cup of white wine vinegar with a good pinch of sugar and salt and just enough water to cover the cucumber. Set aside for 5 minutes then drain.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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-us](https://www.hellofresh.com.au/contact-us)



SFC

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.



Thirst quencher

Youjuice Getcha Greens
2 x 350mL



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!



Cosy lunch

Basil & Vine Ripened Tomato Soup
Ready in 5 | Serves 1



Ready to heat

Nonna's Beef Bolognese
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

Spiced Apple & Pear Crumble
with Vanilla Custard