



Toasted Bagel & Cream Cheese

with Tomato & Basil Pesto

SERVES
2



Grab your Kit

A

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.

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!

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!



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