



Cucumber & Cream Cheese Bagel

with Spring Onion & Lemon

SERVES

2

Grab your Kit



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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)	2846kJ (680Cal)	759kJ (181Cal)
Protein (g)	20.2g	5.4g
Fat, total (g)	35.7g	9.5g
- saturated (g)	23.7g	6.3g
Carbohydrate (g)	65.5g	17.5g
- sugars (g)	12.5g	3.3g
Sodium (g)	862mg	230mg

The quantities provided above are averages only.

1. Get prepped

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

2. Toast bagels

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

3. Serve up

Transfer bagels to serving plates. Spread with **cream cheese** and top with cucumber, spring onion and a squeeze of lemon juice. Season. Serve with remaining 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 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 2022 | CW28



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