



Smoked Salmon & Cream Cheese Bagel

with Dill & Semi-Dried Tomatoes

SERVES

2

Grab your Kit



Keep an eye out...

Unfortunately, this week's capers were in short supply, so we've replaced them with semi-dried tomatoes. Don't worry, the recipe will be just as delicious!

First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Dill	1 bag
Bagels	1 packet
Cream Cheese	1 packet
Cold-Smoked Salmon	2 packets
Semi-Dried Tomatoes	1 packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	3655kJ (874Cal)	1008kJ (241Cal)
Protein (g)	43.4g	12g
Fat, total (g)	48.4g	13.4g
- saturated (g)	26.1g	7.2g
Carbohydrate (g)	63.8g	17.6g
- sugars (g)	10.6g	2.9g
Sodium (g)	2386mg	658mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Get prepped

Pick and roughly chop **dill**.

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**, **dill** and **semi-dried tomatoes** to serve.

Fresh tip!

Gently scramble or boil an egg for a delicious extra topping!

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact 2022 | CW26



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