



# Toasted Bagel & Cream Cheese

with Tomato & Basil Pesto

SERVES  
2



Grab your Kit



## 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 medium packets

\*Pantry Items

## Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	4064kJ (971Cal)	1178kJ (282Cal)
Protein (g)	24.5g	7.1g
Fat, total (g)	63.8g	18.5g
- saturated (g)	26.6g	7.7g
Carbohydrate (g)	71.3g	20.7g
- sugars (g)	13.5g	3.9g
Sodium (g)	1170mg	339mg

*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](https://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](https://hellofresh.com.au/contact) 2022 | CW47



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