



Seeded Bagel & Cream Cheese

with Tomato & Basil Pesto

SERVES

2

Grab your Kit



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. 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
Tomato	1
The Everything Bagel	1 medium packet
Cream Cheese	1 tub
Basil Pesto	1 packet (100g)

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2608kJ (623Cal)	1288kJ (308Cal)
Protein (g)	13.9g	6.9g
Fat, total (g)	38.9g	19.2g
- saturated (g)	17.1g	8.4g
Carbohydrate (g)	54.7g	27g
- sugars (g)	6.7g	3.3g
Sodium (g)	800mg	395mg

The quantities provided above are averages only.

1. Get prepped

Thinly slice **tomato**.

2. Toast bagels

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

3. Serve up

Transfer the toasted 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.co.nz/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.co.nz/contact 2022 | CW17



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