



Seeded Bagel & Cream Cheese

with Cucumber & Chives

Grab your Market Kit



Cucumber



Chives



Lemon



The Everything Bagel



Cream Cheese

 Hands-on: 5 mins
Ready in: 5 mins

Check out the new range of delicious breakfasts, indulgent brunches, easy grab-and-go lunches and quick-fix dinners on our menu.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

Ingredients

	2 People
cucumber	1
chives	1 bag
lemon	1
the everything bagel	1 medium packet
cream cheese	1 tub

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4034kJ (964Cal)	927kJ (221Cal)
Protein (g)	23.8g	5.5g
Fat, total (g)	47.9g	11g
- saturated (g)	30.1g	6.9g
Carbohydrate (g)	106.6g	24.5g
- sugars (g)	13.5g	3.1g
Sodium (mg)	1387mg	319mg

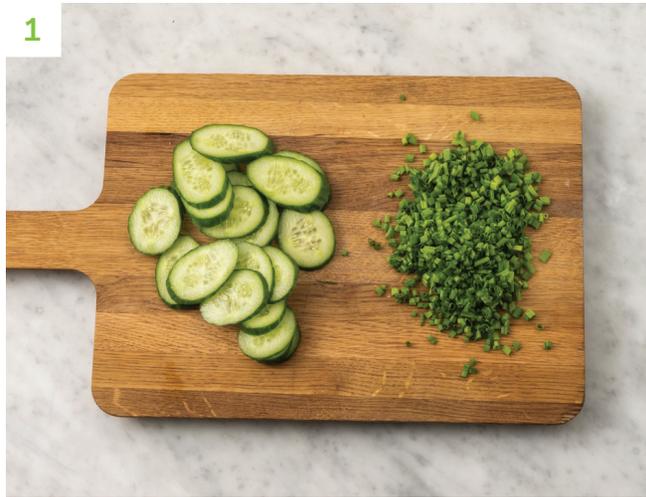
The quantities provided above are averages only.

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.

1



Get prepped

Thinly slice the **cucumber**. Finely chop the **chives**. Cut the **lemon** into wedges.

2



Toast bagels

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

3



Serve up

Transfer the toasted bagels to a serving plate. Spread with **cream cheese** and top with cucumber, chives and a squeeze of lemon. Season with salt and pepper. Serve with remaining lemon wedges.

Enjoy!