



Seeded Bagel & Cream Cheese

with Cucumber & Herbs

SERVES

2



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!

Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Cucumber	1
Herbs	1 bag
Lemon	1
The Everything Bagel	1 packet
Cream Cheese	1 tub

*Pantry Items

Nutrition Information		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2017kJ (482Cal)	927kJ (221Cal)
Protein (g)	11.9g	5.5g
Fat, total (g)	23.9g	11g
- saturated (g)	15.1g	6.9g
Carbohydrate (g)	53.3g	24.5g
- sugars (g)	6.7g	3.1g
Sodium (g)	693mg	319mg

The quantities provided above are averages only.

1. Get prepped

Thinly slice **cucumber**. Finely chop **herbs**. Cut **lemon** into wedges.

2. Toast bagels

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

3. Serve up

Transfer bagels to serving plates. Spread with **cream cheese** and top with cucumber, herbs and a squeeze of lemon juice. Season. Serve with remaining lemon wedges.

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 | CW18



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