



Seeded Bagel & Cream Cheese

with Cucumber & Herbs

SERVES
4



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	4 people
Cucumber	1
Herbs	1 bag
Lemon	1
The Everything Bagel	1 medium packet
Cream Cheese	1 tub

*Pantry Items

Nutrition Information		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2017kJ (482Cal)	927kJ (222Cal)
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 with **salt** and **pepper**. 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 | CW36



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