



Smoked Salmon & Cream Cheese Bagel

with Herbs & Capers

SERVES

4



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	4 people
Herbs	1 bag
The Everything Bagel	1 medium packet
Cream Cheese	1 tub
Akaroa Cold Smoked Salmon	1 packet
Capers	1 packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2536kJ (606Cal)	1146kJ (273Cal)
Protein (g)	20.1g	9.1g
Fat, total (g)	26.4g	11.9g
- saturated (g)	15.7g	7.1g
Carbohydrate (g)	71.4g	32.3g
- sugars (g)	6.8g	3.1g
Sodium (mg)	1388mg	627mg

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

Finely chop **herbs**.

2. Toast bagels

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

3. Serve up

Transfer toasted bagels to plates. Spread **cream cheese** over bagel halves. Top with **Akaroa cold smoked salmon**, herbs and **capers**. Season with salt and pepper.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.co.nz/contact 2022 | CW16



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