



# Cucumber & Cream Cheese Bagel

with Herbs & Lemon

SERVES

2



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
Bagels	1 packet
Cream Cheese	1 packet

\*Pantry Items

### Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2856kJ (683Cal)	762kJ (182Cal)
Protein (g)	20.3g	5.4g
Fat, total (g)	35.7g	9.5g
- saturated (g)	23.7g	6.3g
Carbohydrate (g)	65.3g	17.4g
- sugars (g)	12.4g	3.3g
Sodium (mg)	862mg	230mg

The quantities provided above are averages only.

## 1. Get prepped

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

## 2. Toast bagels

Halve **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.

### Fresh tip!

For extra flavour, pickle the cucumber in 1/4 cup of white wine vinegar with a good pinch of sugar and salt and just enough water to cover the cucumber. Set aside for 5 minutes, then drain.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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.com.au/contact](https://hellofresh.com.au/contact) 2022 | CW18



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