

it •

Toasted Bagel & Cream Cheese

with Tomato & Basil Pesto



Nucl Icion información		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	3614kJ	1129kJ
	(864Cal)	(270Cal)
Protein (g)	24g	7.5g
Fat, total (g)	51.8g	16.2g
- saturated (g)	17.3g	5.4g
Carbohydrate (g)	71.7g	22.4g

13.1g

1042mg

Nutrition Information

The quantities provided above are averages only.

1. Get prepped

Thinly slice tomato.

2. Toast bagels

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

3. Serve up

Transfer bagels to serving plates. Spread with **cream cheese**, top with tomato and dollop with **basil pesto** to serve.

Fresh tip!

Add a fresh herb to your bage!!

Allergens

- sugars (g)

Sodium (g)

First up!

Wash your hands and any

fresh foods before you start.

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be ware allergens may have changed.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact

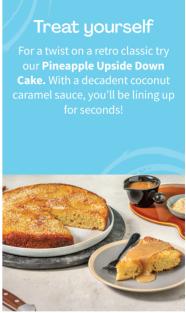






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Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

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