



Smoked Salmon Bagel

with Dill and Black Pepper Cream Cheese

Lunch 5-10 Minutes

3A



Dill



Cream Cheese



Cracked Black Pepper



Sesame Bagel



Smoked Salmon

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Cutting board, knife and bowl.

Ingredients

	Quantity
Dill	½ bunch
Cream Cheese** 7)	50g
Cracked Black Pepper	1 sachet
Sesame Bagel 3) 13)	1
Smoked Salmon** 4)	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	174g	100g
Energy (kJ/kcal)	1731/414	995/238
Fat (g)	18	10
Sat. Fat (g)	9	5
Carbohydrate (g)	45	26
Sugars (g)	7	4
Protein (g)	19	11
Salt (g)	2.14	1.23

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

3) Sesame 4) Fish 7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

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 You can recycle me!



1



2



3



Get Prepped

- Roughly chop the **dill** (stalks and all, see ingredients for amount).
- Pop the **cream cheese** into a bowl. Add the **cracked black pepper** and **half the dill**.
- Mix together.

Toast

- Halve the **bagel** and toast in your toaster.
- Once toasted, pop the **bagel halves** onto your plate and spread with the **dill cream cheese**.

Finish and Serve

- Pull the **smoked salmon** apart into large pieces and layer on top of the **cream cheese**.
- Sprinkle over the remaining **dill**.
- Eat your **bagel** either open or closed - up to you.

Enjoy!