



Smoked Salmon Bagel

with Dill and Black Pepper Cream Cheese

Breakfast 5 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!

Cooking tools, you will need:

Medium 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	87g	100g
Energy (kJ/kcal)	865 /207	994 /238
Fat (g)	9	10
Sat. Fat (g)	5	5
Carbohydrate (g)	23	26
Sugars (g)	3	4
Protein (g)	10	11
Salt (g)	1.07	1.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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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!