

Smoked Salmon Sandwich

with Dill Cream Cheese

Lunch 5 Minutes









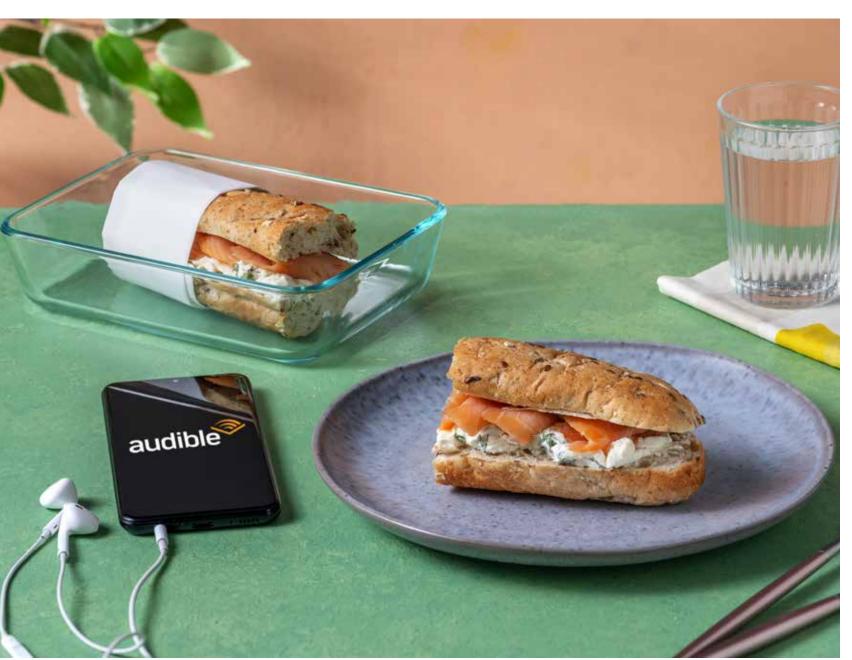
Cream Cheese





Seeded Roll

Smoked Salmon







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Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Small Mixing Bowl, Plate and Container.

Ingredients

	Quantity		
Dill**	1 bunch		
Cream Cheese** 7)	50g		
Seeded Roll 13)	1		
Smoked Salmon** 4)	40g		

^{*}Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	103g	100g
Energy (kJ/kcal)	1065 / 254	1034 /247
Fat (g)	12	12
Sat. Fat (g)	5	5
Carbohydrate (g)	28	28
Sugars (g)	3	3
Protein (g)	11	10
Salt (g)	1.46	1.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Prep

a) Tear the dill using your hands (keeping the stalks if you wish).



Make the Spread

- a) Pop the dill and cream cheese into a small bowl and mix until combined.
- **b)** Slice the **seeded roll** in half lengthways.



Layer It Up

- a) Spread the dill cream cheese on the top and bottom of the roll (as much as you like).
- b) Top the dill cream cheese with the salmon slices.
- c) If you're eating straight away, place your **sandwich** on a plate and enjoy!
- **d)** If you're eating later, pop it into a container and store in your fridge.
- e) Finish up and prepare to be swept away with an audiobook of your choice.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

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