



# Smoked Salmon Sandwich with Dill Cream Cheese

Lunch 5 Minutes

4A



Dill



Cream Cheese



Seeded Roll



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

Bowl and plate.

## 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
<b>for uncooked ingredient</b>	<b>196g</b>	<b>100g</b>
Energy (kJ/kcal)	2010 /480	1026 /245
Fat (g)	23	12
Sat. Fat (g)	10	5
Carbohydrate (g)	52	27
Sugars (g)	6	3
Protein (g)	20	10
Salt (g)	2.80	1.43

Nutrition for uncooked ingredients based on 1 person recipe.

## Allergens

4) Fish 7) Milk 13) 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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## 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.

Enjoy!