



Smoked Salmon Breakfast Bagel

Serves 2

Breakfast 15 – 20 mins



Smoked Salmon



Lemon



Chives



Bagels



Cream Cheese

Pantry Items: Salt, Pepper



Rate your
recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Ingredients

	2P
Smoked Salmon	100 g
Lemon	1 unit
Chives	5 g
Bagels	2 units
Cream Cheese	48 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	212.5 g	100 g
Energy (kJ/kcal)	1581.6 kJ/ 378 kcal	744.3 kJ/ 177.9 kcal
Fat (g)	11.2 g	5.3 g
Sat. Fat (g)	4.8 g	2.3 g
Carbohydrate (g)	49.2 g	23.2 g
Sugars (g)	8 g	3.8 g
Protein (g)	24.1 g	11.3 g
Salt (g)	3.2 g	1.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!

1



2



3



Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Finely chop the **chives** (use scissors if you prefer).
- Quarter the **lemon**.
- Pop the **cream cheese** into a bowl.
- Add the **chives** and squeeze of **lemon** juice. Season to taste with **salt** and **pepper**.

TIP: To avoid turning on your oven, toast the bagels in the toaster instead.

Warm the Bagels

- Halve the **bagels** (1 per person, you can save the rest for use later).
- Toast in your toaster. Alternatively, toast in the oven for 4-6 mins.
- Once toasted, pop the **bagel** onto your plates and spread with the **chive cream cheese**.

Finish and Serve

- Pull the **smoked salmon** apart into large pieces and layer on top of the **cream cheese**.
- Eat your **bagels** either open-faced or sandwiched closed—it's up to you!
- Serve any remaining **lemon** wedges alongside.

Enjoy!