



# Smoked Salmon Bagel

Serves 2

Lunch 15 – 20 mins



Smoked Salmon



Lemon



Chives



Bagels



Cream Cheese

Pantry Items: Salt, Pepper



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## 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

|               | Quantity |
|---------------|----------|
| Smoked Salmon | 100 g    |
| Lemon         | 1 unit   |
| Chives        | 5 g      |
| Bagels        | 2 units  |
| Cream Cheese  | 48 g     |

## Nutrition

|                                 | Per serving            | Per 100g                |
|---------------------------------|------------------------|-------------------------|
| <b>for uncooked ingredients</b> | <b>212.5 g</b>         | <b>100 g</b>            |
| Energy (kJ/kcal)                | 1581.6 kJ/<br>378 kcal | 744.3 kJ/<br>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.*

## 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

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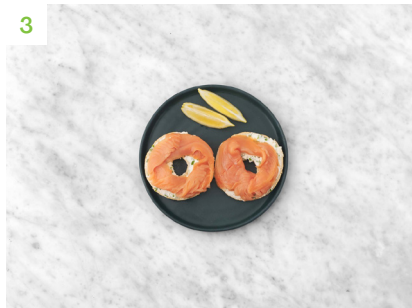
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2



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## 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!