



# QCOOK

## Fig Preserve & Cream Cheese Bagel

with almonds

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

### Nutritional Info

	Per 100g	Per Portion
Energy	1198kJ	3055kJ
Energy	286kcal	730kcal
Protein	5.2g	13.2g
Carbs	43.7g	111.3g
of which sugars	8.4g	21.5g
Fibre	1.7g	4.3g
Fat	10.1g	25.8g
of which saturated	4.2g	10.7g
Sodium	281mg	717mg

**Allergens:** Gluten, Tree Nuts, Wheat, Cow's Milk

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3 [\[Serves 4\]](#)

3	4	Plain Bagels <i>cut in half</i>
150ml	200ml	Cream Cheese
3 units	4 units	Fig & Raisin Preserve
30g	40g	Almonds
40g	40g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Seasoning (salt & pepper)

Water

1. **WARM BAGEL** Heat the bagels in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **A CHEERS TO LUNCH** Spread the cream cheese over the bottom half of the bagels. Dollop over the fig & raisin preserve, and scatter over the almonds. Top with the green leaves. Close up and enjoy, Chef!