

Eat Within 3 Days

Sun-dried Tomato Bagel

with crispy onion bits

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	786kJ	1808kJ
Energy	188kcal	432kcal
Protein	6.7g	15.5g
Carbs	33g	75g
of which sugars	7.4g	17.1g
Fibre	2.6g	6g
Fat	7.4g	16.9g
of which saturated	2.1g	4.7g
Sodium	355mg	817mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Mascarpone Cheese
1	1	Spring Onion *rinse & roughly slice*
1	2	Sesame Bagel/s
50g	100g	Sun-dried Tomatoes
5g	10g	Crispy Onion Bits
15ml	30ml	Honey

From Your Kitchen

Water
Seasoning (salt & pepper)

1. THE BAGEL BASE In a small bowl, combine the mascarpone, and the spring onion (to taste). Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. LAYER & ENJOY LUNCH Smear the mascarpone, top with the sun-dried tomatoes, the crispy onion bits, drizzle over the honey, and enjoy!