



UCOOK

Smoked Trout & Cream Cheese Bagel

with green leaves, capers & lemon juice

A popular and trendy favourite in New York, this classic bagel combo will give a spring in your step as you bite into layers of briny capers, fresh trout, cream cheese, and fresh greens. Start spreadin' the news, Chef!

Hands-on Time: 5 minutes

Overall Time: 6 minutes

Serves: 1 Person

Chef: Jemimah Smith

*New Lunch

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Kleinskys Everything Bagel
30ml	Cream Cheese
10g	Green Leaves <i>rinse</i>
1 pack	Smoked Trout Ribbons
10g	Capers <i>drain & roughly chop</i>
10ml	Lemon Juice

From Your Kitchen

Salt & Pepper
Water

1. BEGIN WITH BAGEL Heat the bagel halves in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. NEW YORK, NEW YORK Spread the cream cheese over the cut sides of the bagel. Top the bottom bagel half with the green leaves, the trout ribbons, and the capers. Drizzle over the lemon juice (to taste) and season. Close up the bagel and enjoy!

Nutritional Information

Per 100g

Energy	1117kJ
Energy	267kcal
Protein	7.8g
Carbs	39g
of which sugars	1.1g
Fibre	2.4g
Fat	8.7g
of which saturated	3.3g
Sodium	633mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Cow's Milk

Eat
Within
2 Days