



# UCCOOK

## Trout & Cream Cheese Bagel

with fresh dill

You'll be pleasantly surprised to discover that something so simple to make and assemble can taste so delicious, Chef! A warm bagel is filled with smoky trout ribbons, cream cheese & delicate dill.

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**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

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**Serves:** 4 People

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**Chef:** Jenna Peoples

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\*New Lunch

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### Ingredients & Prep

4	Kleinsky's Everything Bagels
160ml	Cream Cheese
10g	Fresh Dill <i>rinse &amp; roughly chop</i>
4 packs	Smoked Trout Ribbons

### From Your Kitchen

Salt & Pepper  
Water

**1. WARM 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. SPREAD, TOP & TASTE** In a bowl, mix together the cream cheese and the chopped dill. Spread the mixture over the bottom halves of the bagels. Top with the trout ribbons. Close up the bagels and enjoy!

### Nutritional Information

Per 100g

Energy	979kJ
Energy	234kcal
Protein	12g
Carbs	32g
of which sugars	4.4g
Fibre	3.4g
Fat	6.6g
of which saturated	3.6g
Sodium	600.9mg

### Allergens

Cow's Milk, Gluten, Wheat, Fish

Eat  
Within  
2 Days