



# UCCOOK

## Green Goddess Bagel

with crunchy cucumber

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	841kJ	3786kJ
Energy	201kcal	905kcal
Protein	2.7g	12g
Carbs	25g	112g
of which sugars	1g	4.5g
Fibre	4.2g	19.1g
Fat	10.7g	48.1g
of which saturated	2g	9g
Sodium	135.1mg	607.9mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
10g	20g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
30ml	60ml	Sour Cream
1	2	Avocado/s
1	2	Everything Bagel/s

## From Your Kitchen

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Seasoning (salt & pepper)

Water

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

2. **HAVO SOME AVO** Cut the avocado/s in half. In a bowl, combine the avocado/s, sour cream, cucumber, and seasoning.

3. **GREEN GOODNESS** Top the bottom half/ves of the bagel with the green leaves and the avocado mixture. Close and enjoy!