



UCOOK

Smoked Trout & Cream Cheese Bagel

with green leaves, capers & lemon juice

Hands-on Time: 5 minutes

Overall Time: 6 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1117kJ	2720kJ
Energy	267kcal	650kcal
Protein	7.8g	19g
Carbs	39g	95g
of which sugars	1.1g	2.7g
Fibre	2.4g	5.8g
Fat	8.7g	21.3g
of which saturated	3.3g	8.1g
Sodium	633.1mg	1542.1mg

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

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	20ml	Kleinskys Everything Bagel/s
30ml	20g	Cream Cheese
10g	20g	Green Leaves <i>rinse</i>
1 pack	2 packs	Smoked Trout Ribbons
10g	2	Capers <i>drain & roughly chop</i>
10ml	60ml	Lemon Juice

From Your Kitchen

Seasoning (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!