



uCOOK

Carrot Pickle & Cottage Cheese Bagel

with **crispy** salad leaves

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	956kJ	2441kJ
Energy	229kcal	583kcal
Protein	5.7g	14.6g
Carbs	38g	97g
of which sugars	1.7g	4.2g
Fibre	2.1g	5.2g
Fat	5.9g	15.2g
of which saturated	0.9g	2.3g
Sodium	772.4mg	1971.8mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Kleinsky's Everything Bagels
240ml	320ml	Low Fat Cottage Cheese
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
90g	125g	Razia's Carrot Pickle

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN WITH BAGEL** Heat the bagels in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **CREAMY & FRESH** Spread the cottage cheese over the bottom of the bagels. Top with the salad leaves and the carrot pickle. Close up the bagel and tuck in, Chef!