



# UCCOOK

## 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:

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

## 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. 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!