



UCOOK

Sushi-style Trout Bagel

with pickled ginger

Sometimes you simply can't decide what you want for lunch. Sushi? A trout bagel? Now you don't have to choose, with this bagel smeared with kewpie mayo, smoky trout ribbons, pickled ginger, & a sweet indo soy sauce that brings everything together.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Jade Summers

*New Lunch

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Ingredients & Prep

1	Kleinskys Everything Bagel
30ml	Kewpie Mayo
1 pack	Smoked Trout Ribbons
5g	Pickled Ginger <i>drain & roughly chop</i>
10ml	Sweet Indo Soy Sauce

From Your Kitchen

Salt & Pepper
Water

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

2. SOY GOOD! Smear the bottom half of the bagel with the mayo, and top with the trout, the chopped ginger, and the sweet soy.

Nutritional Information

Per 100g

Energy	1478kj
Energy	353kcal
Protein	7g
Carbs	44g
of which sugars	3.9g
Fibre	1.8g
Fat	7.1g
of which saturated	1.2g
Sodium	686mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Soy

Eat
Within
2 Days