



# UCOOK

## Marmalade & Cream Cheese Bagel

with salad leaves & almond flakes

Marmalade and cream cheese—only for dessert, you say? Oh no, no, no, Chef! Today, enjoy marmalade on a warm bagel, topped with crunchy almonds and fresh salad leaves—a scrumptious combination, sure to make Paddington proud!

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 2 People

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**Chef:** Samantha du Toit

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Lunch

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## Ingredients & Prep

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2	Kleinsky Pumpernickel Rye Bagels
100ml	Cream Cheese
20g	Almonds
40g	Salad Leaves <i>rinse</i>
80ml	Marmalade

## From Your Kitchen

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Water  
Seasoning (salt & pepper)

**1. WARM BAGEL** Slice open your bagels and heat in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

**2. MARMALADE & CREAM CHEESE** Spread the bottom half of the bagel with the cream cheese. Top with the almonds, and the rinsed leaves. Spread the top half of the bagel with the marmalade. Close up and tuck in, Chef!

## Nutritional Information

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Per 100g

Energy	1037kJ
Energy	248kcal
Protein	8g
Carbs	39g
of which sugars	14.2g
Fibre	2.9g
Fat	7.3g
of which saturated	3.6g
Sodium	294mg

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## Allergens

Cow's Milk, Gluten, Sesame, Wheat, Sulphites, Tree Nuts

Eat  
Within  
3 Days