



UCOOK

Green Goddess Bagel

with crunchy cucumber

Hands-on Time: 0 minutes

Overall Time: 0 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	841kJ	3786kJ
Energy	201kcal	905kcal
Protein	2.7g	12g
Carbs	25g	112g
of which sugars	1g	4.5g
Fibre	4.2g	19.1g
Fat	10.7g	48.1g
of which saturated	2g	9g
Sodium	135.1mg	607.9mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
30g	40g	Green Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
90ml	125ml	Sour Cream
3	4	Avocados
3	4	Everything Bagels

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN WITH BAGEL** Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly.
2. **HAVO SOME AVO** Cut the avocados in half. In a bowl, combine the avocados, sour cream, cucumber, and seasoning.
3. **GREEN GOODNESS** Top the bottom halves of the bagel with the green leaves and the avocado mixture. Close and enjoy!