



UCCOOK

Avo & Carrot Pickle Bagel

with cottage cheese & salad leaves

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	870kJ	3778kJ
Energy	208kcal	903kcal
Protein	3.2g	13.9g
Carbs	26g	114g
of which sugars	0.9g	4.1g
Fibre	4.4g	19.2g
Fat	10.7g	46.5g
of which saturated	1.5g	6.3g
Sodium	428.5mg	1862mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Kleinsky's Everything Bagel/s
1	1	Avocado <i>peel & halve</i>
30ml	60ml	Low Fat Cottage Cheese
20g	40g	Salad Leaves <i>rinse</i>
30g	60g	Carrot Pickle

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN WITH BAGEL** Halve and heat the bagel/s in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **CREAMY & FRESH** Scoop the avo out of the skin and smash in a bowl. Spread the bagel/s with the cottage cheese. Top with the salad leaves, the avo, and the carrot pickle (to taste). Close up and tuck in, Chef!