



uCOOK

Carrot Pickle & Cottage Cheese Bagel

with crispy salad leaves

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 956kJ | 2441kJ |
| Energy | 229kcal | 583kcal |
| Protein | 5.7g | 14.6g |
| Carbs | 38g | 97g |
| of which sugars | 1.7g | 4.2g |
| Fibre | 2.1g | 5.2g |
| Fat | 5.9g | 15.2g |
| of which saturated | 0.9g | 2.3g |
| Sodium | 772.4mg | 1971.8mg |

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|----------------------------|--|
| 1 | 2 | Kleinsky's Everything Bagel/s |
| 80ml | 160ml | Low Fat Cottage Cheese |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 30g | 60g | Razia's Carrot Pickle |

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN WITH BAGEL** 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** Spread the cottage cheese over the bottom of the bagel/s. Top with the salad leaves and the carrot pickle. Close up the bagel and tuck in, Chef!