

Eat Within 3 Days

Carrot Pickle & Cottage Cheese Bagel

with fresh basil

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	1020kJ	2430kJ
Energy	244kcal	581kcal
Protein	6.1g	14.5g
Carbs	41g	97g
of which sugars	1.6g	3.9g
Fibre	2.1g	5.1g
Fat	6.3g	15.1g
of which saturated	1g	2.3g
Sodium	827mg	1970mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Everything Bagel/s
3g	5g	Fresh Basil *rinse & pick*
80ml	160ml	Low Fat Cottage Cheese
30g	60g	Razia's Carrot Pickle

From Your Kitchen

Water
Seasoning (salt & pepper)

1. BEGIN WITH BAGEL Halve the bagel/s. 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 fresh basil and the carrot pickle. Close up the bagel and tuck in, Chef!