



UCOOK

Sushi-style Trout Bagel

with pickled ginger

Sometimes you simply can't decide what you want for lunch. Sushi? A trout bagel? Now you don't have to choose, with this bagel smeared with kewpie mayo, smoky trout ribbons, pickled ginger, & a sweet indo soy sauce that brings everything together.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 4 People

Chef: Jade Summers

*New Lunch

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

4	Kleinskys Everything Bagels
125ml	Kewpie Mayo
4 packs	Smoked Trout Ribbons
20g	Pickled Ginger <i>drain & roughly chop</i>
40ml	Sweet Indo Soy Sauce

From Your Kitchen

Salt & Pepper
Water

1. BEGIN THE BAGEL Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. SOY GOOD! Smear the bottom halves of the bagels with the mayo, and top with the trout, the chopped ginger, and the sweet soy.

Nutritional Information

Per 100g

Energy	1478kj
Energy	353kcal
Protein	7g
Carbs	44g
of which sugars	3.9g
Fibre	1.8g
Fat	7.1g
of which saturated	1.2g
Sodium	686mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Soy

Eat
Within
2 Days