



UCCOOK

Trout & Cream Cheese Bagel

with fresh dill

You'll be pleasantly surprised to discover that something so simple to make and assemble can taste so delicious, Chef! A warm bagel is filled with smoky trout ribbons, cream cheese & delicate dill.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 3 People

Chef: Jenna Peoples

*New Lunch

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Ingredients & Prep

3	Kleinsky's Everything Bagels
120ml	Cream Cheese
8g	Fresh Dill <i>rinse & roughly chop</i>
3 packs	Smoked Trout Ribbons

From Your Kitchen

Salt & Pepper
Water

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

2. SPREAD, TOP & TASTE In a bowl, mix together the cream cheese and the chopped dill. Spread the mixture over the bottom halves of the bagels. Top with the trout ribbons. Close up the bagels and enjoy!

Nutritional Information

Per 100g

Energy	979kj
Energy	234kcal
Protein	12g
Carbs	32g
of which sugars	4.4g
Fibre	3.4g
Fat	6.6g
of which saturated	3.6g
Sodium	600.9mg

Allergens

Cow's Milk, Gluten, Wheat, Fish

Eat
Within
2 Days