



UCCOOK

Avo & Carrot Pickle Bagel

with cottage cheese & salad leaves

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

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 3 | [Serves 4] | |
| 3 | 4 | Kleinsky's Everything Bagels |
| 2 | 2 | Avocados <i>peel & halve</i> |
| 90ml | 125ml | Low Fat Cottage Cheese |
| 60g | 80g | Salad Leaves <i>rinse</i> |
| 90g | 120g | Carrot Pickle |

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **BEGIN WITH BAGEL** Halve and heat the bagels 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 bagels with the cottage cheese. Top with the salad leaves, the avo, and the carrot pickle (to taste). Close up and tuck in, Chef!