

# U COOK

## Horseradish & Trout Bagel

with green leaves

**Hands-on Time:** 8 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Hellen Mwanza

Nutritional Info	Per 100g	Per Portion
Energy	1140.4kJ	2563.7kJ
Energy	272.6kcal	612.8kcal
Protein	7.4g	16.6g
Carbs	42g	94.4g
of which sugars	1.5g	3.4g
Fibre	2.1g	4.8g
Fat	7.9g	17.9g
of which saturated	1.9g	4.4g
Sodium	606.5mg	1363.4mg

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

**Spice Level:** None



Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Everything Bagels
90ml	120ml	Horseradish Cream <i>(45ml [60ml] Horseradish Sauce &amp; 45ml [60ml] Sour Cream)</i>
30g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
3 packs	4 packs	Smoked Trout Ribbons

**1. IT BEGINS WITH A BAGEL** Heat the bagels in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

**2. IT ENDS WITH A FAB LUNCH** Spread the bagel with the horseradish cream. Top with the green leaves and the trout ribbons. Delicious, Chef!

## From Your Kitchen

Water

Seasoning (Salt & Pepper)