



UCCOOK

Creamy Sun-dried Tomato Bagel

with **crispy onion bits**

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	974kJ	2497kJ
Energy	233kcal	597kcal
Protein	6.2g	15.9g
Carbs	37g	95g
of which sugars	13g	33.3g
Fibre	2.4g	6.3g
Fat	7.5g	19.2g
of which saturated	2.1g	5.4g
Sodium	333mg	853mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Mascarpone Cheese
2	2	Spring Onions <i>rinse & roughly chop</i>
3	4	Kleinsky's Sesame Bagels
150g	200g	Sun-dried Tomatoes
60ml	80ml	Crispy Onion Bits
45ml	60ml	Honey

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **THE BAGEL BASE** In a small bowl, combine the mascarpone, and the spring onion (to taste). Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **LAYER & ENJOY LUNCH** Smear the mascarpone, top with the sun-dried tomatoes, the crispy onion bits, drizzle over the honey, and enjoy!