



# UCCOOK

## Fig Preserve & Cream Cheese Bagel

with almonds

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1198kJ   | 3055kJ      |
| Energy             | 286kcal  | 730kcal     |
| Protein            | 5.2g     | 13.2g       |
| Carbs              | 44g      | 111g        |
| of which sugars    | 8.4g     | 21.5g       |
| Fibre              | 1.7g     | 4.3g        |
| Fat                | 10.1g    | 25.8g       |
| of which saturated | 4.2g     | 10.7g       |
| Sodium             | 281mg    | 717mg       |

**Allergens:** Gluten, Tree Nuts, Wheat, Cow's Milk

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

|        |         |                                                  |
|--------|---------|--------------------------------------------------|
| 1      | 2       | Plain Bagel/s<br><i>cut in half</i>              |
| 50ml   | 100ml   | Cream Cheese                                     |
| 1 unit | 2 units | Fig & Raisin Preserve                            |
| 10g    | 20g     | Almonds Flakes                                   |
| 20g    | 40g     | Green Leaves<br><i>rinse &amp; roughly shred</i> |

## From Your Kitchen

Water

Seasoning (salt & pepper)

1. **WARM BAGEL** Heat the bagel/s in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **A CHEERS TO LUNCH** Spread the cream cheese over the bottom half of the bagel/s. Dollop over the fig & raisin preserve, and scatter over the almonds. Top with the green leaves. Close up and enjoy, Chef!

**Chef's Tip**