



Smoked Salmon Ciabatta with Dill and Black Pepper Cream Cheese

Brunch 5-10 Minutes

8A

Find all your unchilled
Market items in bag A.



Dill



Cream Cheese



Cracked
Black Pepper



Ciabatta



Smoked Salmon

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl.

Ingredients

Ingredients	Quantity
Dill**	½ bunch
Cream Cheese** 7)	100g
Cracked Black Pepper	1 sachet
Ciabatta 13)	2
Smoked Salmon** 4)	80g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	182g	100g
Energy (kJ/kcal)	1630 /390	894 /214
Fat (g)	18.1	10.0
Sat. Fat (g)	8.9	4.9
Carbohydrate (g)	43.8	24.1
Sugars (g)	2.3	1.3
Protein (g)	16.6	9.1
Salt (g)	2.43	1.33

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

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 You can recycle me!



1



2



3



Get Prepped

- If you don't have a toaster, preheat your grill to high.
- Roughly chop **half** the **dill** (stalks and all). **TIP:** *Keep the other half of the dill for another recipe.*
- Pop the **cream cheese** into a medium bowl.
- Stir the **cracked black pepper** and **half** the **chopped dill** into the **cream cheese**.

Toast your Ciabatta

- Halve the **ciabatta**.
- Toast in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.
- Once toasted, share the **ciabatta halves** between 2 plates and spread the **dill cream cheese** evenly over each **half**.

Breakfast Time

- Pull the **smoked salmon** apart into large pieces and layer on top of the **cream cheese**.
- Sprinkle over the remaining **chopped dill**.
- Eat your **ciabatta** either open or closed - up to you.

Enjoy!