



Speedy Sesame Smoked Salmon Ciabatta with Crispy Onion Cream Cheese

Breakfast 5-10 Minutes

8A

Find all your unchilled Market items in bag A.



Cream Cheese



Roasted White Sesame Seeds



Crispy Onions



Ciabatta



Smoked Salmon

Pantry Items
Salt, Pepper

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
Cream Cheese** 7)	100g
Roasted White Sesame Seeds 3)	5g
Crispy Onions 13)	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	190g	100g
Energy (kJ/kcal)	1950 /466	1026 /245
Fat (g)	25.1	13.2
Sat. Fat (g)	10.8	5.7
Carbohydrate (g)	44.4	23.4
Sugars (g)	3.0	1.6
Protein (g)	17.9	9.4
Salt (g)	2.76	1.45

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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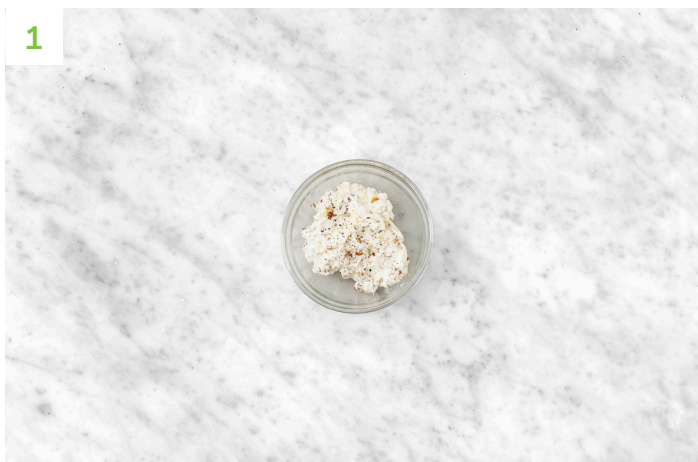
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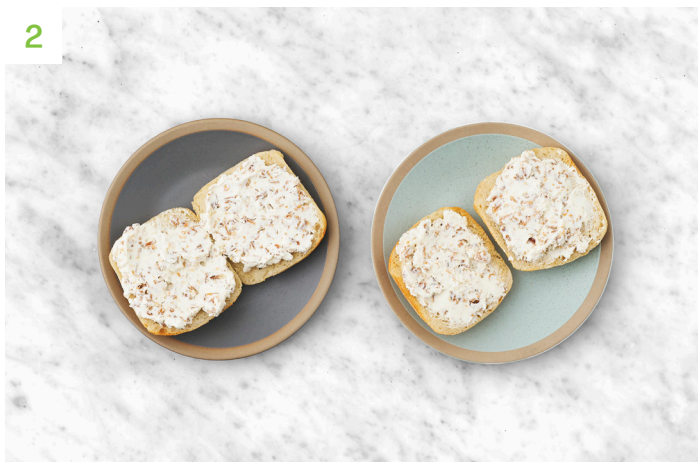
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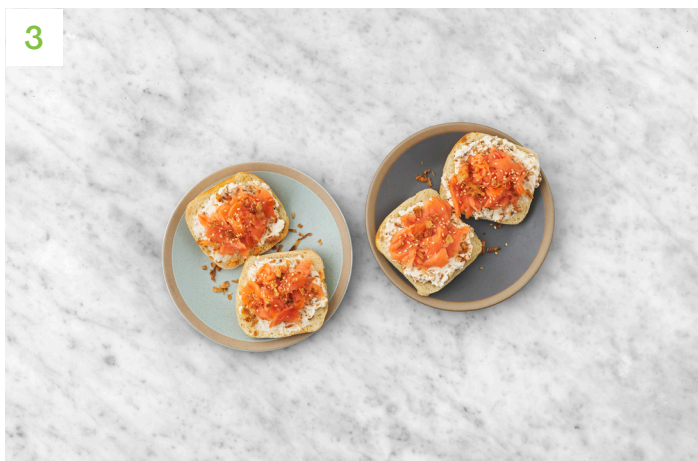
1



2



3



Get Prepped

a) If you don't have a toaster, preheat your grill to high.

b) Pop the **cream cheese** into a medium bowl.

c) Stir **three quarters** of the **sesame seeds** and **three quarters** of the **crispy onions** into the **cream cheese**. Season with **salt** and **pepper**.

Toast your Ciabatta

a) Halve the **ciabatta**.

b) Toast in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.

c) Once toasted, share the **ciabatta halves** between 2 plates and spread the **crispy onion cream cheese** evenly over each half.

Breakfast Time

a) Pull the **smoked salmon** apart into large pieces and layer on top of the **cream cheese**.

b) Sprinkle over the remaining **sesame seeds** and **crispy onions**.

c) Enjoy your **ciabatta** either open or closed - it's up to you.

Enjoy!