



Smoked Salmon and Baked Egg Ciabatta Bowls

with Hard Italian Style Cheese, Lemon and Chives

Festive Flavours 35-40 Minutes

10A

Find all your unchilled Market items in bag A.



Chives



Lemon



Smoked Salmon



Grated Hard Italian Style Cheese



Creme Fraiche



Ciabatta



Pantry Items
Pepper, Egg

Before you start

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

Cooking tools

Fine grater, bowl, baking paper and baking tray.

Ingredients

Ingredients	Quantity
Chives**	1 bunch
Lemon**	1
Smoked Salmon** 4)	80g
Grated Hard Italian Style Cheese** 7) 8)	40g
Creme Fraiche** 7)	75g
Ciabatta 13)	2

Pantry	Quantity
Egg*	2

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2357 /563	769 /184
Fat (g)	30.6	10.0
Sat. Fat (g)	13.6	4.4
Carbohydrate (g)	48.0	15.6
Sugars (g)	4.2	1.4
Protein (g)	30.1	9.8
Salt (g)	3.30	1.08

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

4) Fish 7) Milk 8) Egg 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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Prep Time

- Finely chop the **chives** (use scissors if easier).
- Zest and cut the **lemon** into wedges.
- Roughly chop **half** the **smoked salmon** into small pieces.



Lay in the Salmon

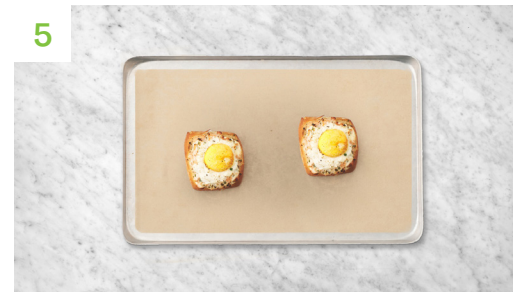
a) Place the remaining **salmon** into your **ciabatta** bowls, allowing the **salmon** to poke out of the top of the hole. Lightly press **salmon** down on the sides of the **ciabatta** rolls.

b) Place the **ciabatta** rolls onto a lined baking tray.



Mix the Filling

- In a medium bowl, combine the **hard Italian style cheese**, **creme fraiche**, **chopped salmon**, **three quarters** of the **chives** and a **pinch** of **lemon zest** (add more if you prefer).
- Season with **pepper** and mix well.



Into the Oven

a) Divide the **creme fraiche mixture** between your **ciabatta** bowls, then crack an **egg** (see pantry for amount) into each. **TIP:** Discard any egg whites that don't fit in the ciabatta.

b) Place the **salmon ciabatta bowls** onto the middle shelf of your oven and bake until the **bread** is crisp and the **eggs** are set, 15-20 mins. **IMPORTANT:** Ensure egg whites are fully cooked.



Prep the Ciabatta

- Make the **bread bowls** by cutting a 0.5-1cm slice off the top of each **ciabatta** roll.
- Scoop out the soft inner **bread** in the centre, leaving a 0.5-1cm thick **ciabatta shell**. **TIP:** Rather than discarding the lids and inner part of your ciabatta rolls, save the bread for another recipe for making breadcrumbs or croutons!



Serve Up a Festive Treat

a) Once baked, divide your **salmon ciabatta bowls** between your serving plates.

b) Sprinkle over the remaining **chives** and serve with the **lemon wedges** for squeezing over to finish.

Enjoy!

