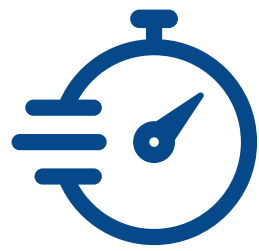


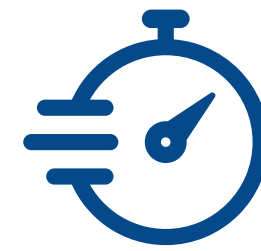
TOASTED BAGEL WITH CREAM CHEESE, SALMON & FENNEL



SERVINGS
1



PREP TIME
5 MINS



COOKING TIME
2 MINS

INGREDIENTS

- 1 fennel bulb
- ½ lemon
- 1 bagel
- 2 tbsp cream cheese
- 1 x 3.9 oz (110g) can salmon, drained
- 1 tbsp extra virgin olive oil

TOP TIP

After slicing the fennel, leave it in the lemon juice for 5 minutes while you toast the bagel. This lightly softens the fennel while keeping its fresh crunch, and the acidity cuts through the richness of the cream cheese and salmon.

DIRECTIONS

1. Cut the fennel bulb in half and slice it as thinly as possible, then place in a bowl and squeeze over the lemon juice.
2. Toast the bagel and spread with the cream cheese.
3. Open and drain the canned salmon, then break it into flakes over the cream cheese.
4. Top with the sliced fennel and finish with a drizzle of extra virgin olive oil.

