

## SANDWICH RECIPES



### Onion Bagel With Goats Cheese, Rocket, Beetroot & Horseradish

#### Ingredients (makes 4 portions)

180g grated raw beetroot  
120g soft goat's cheese  
2 tablespoon creamed horseradish  
75g Rocket Leaves  
Milled black pepper  
Sea salt flakes (optional)  
4 onion bagels – 65g each  
Dash of lemon juice or white wine vinegar

#### Method

1. Blend the goat's cheese with the horseradish and season to taste.
2. Halve the bagels horizontally, spread the goat's cheese thickly onto the bottom half of the bagel and place the beetroot on top.
3. Season with pepper and sea salt and a dash of lemon juice or white wine vinegar.
4. Top with rocket leaves.
5. Cover with the bagel tops and serve immediately

#### Key Nutrients

Portion	165g	100g	
Calories	<b>302 (kcal)</b>	<b>183 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	9.6g	5.8g	Med
Saturates	5.5g	3.3g	Med
Sugars	8.7g	5.2g	Med
Salt	1.6g	1.0g	Med
Protein	13.9g	8.4g	–

**Allergen Info: Wheat, Sesame, Milk, Eggs, Mustard, Sulphur Dioxide**