

Cream cheese bagels with colourful salads



Ingredients for 2 people

For the bagels:

4 large leaves of colourful lettuce (e.g. lollo rosso and lollo bionda or green and red oak leaf lettuce)
4 tbsp cream cheese
1 large tomato
½ avocado
½ red onion
2 bagels

For the honey mustard dressing:

1 tbsp honey
1 tbsp medium hot mustard
1 tbsp white wine vinegar
1 tbsp rapeseed oil
Salt
chilli flakes

Prepare the dressing first. Mix together the honey, mustard, white wine vinegar and rapeseed oil and season with salt and chilli flakes.

Pick off the lettuce leaves, wash them and spin them dry. Wash and slice the tomato. Slice the avocado as well. Peel the onion and slice into thin rings.

Cut the bagels in half horizontally. Then spread the bottom halves with cream cheese first, top with lettuce and drizzle the dressing over it. Top with the sliced tomato, avocado and onion rings and then top with the top halves of the bagel.

Bon appétit!