

Bagel B.L.A.S.T

Bacon – Lettuce – Avocado – Smoked Salmon – Tomato

4	bagels
1	avocado, mashed
4 tsp	harissa chilli paste
1	lemon, juiced
12	rashers streaky bacon
1 cup	rocket leaves
12	smoked salmon, slices
2 tbsp	sour cream
16	capers, finely chopped
1 tbsp	fresh chives, finely chopped
2	trussed tomatoes, sliced
	sea salt and fresh ground black pepper



1. Slice bagels evenly in half (for a base and a top) and toast until golden brown.
2. In a bowl, combine mashed avocado, harissa paste, lemon juice and season with salt and pepper. Spread avocado mix on evenly on each bagel bases.
3. Fry bacon rashers until crispy, then place on top of avocado layer.
4. Divide rocket evenly on each bagel base.
5. Lay smoked salmon slices evenly amongst all four bagel bases, drizzle with sour cream, sprinkle with chopped capers and chives.
6. Arrange sliced tomatoes on top of smoked salmon, then lightly season with salt and pepper
7. Finish off with the toasted bagel tops and serve.

Serves 4.