



QCOOK

Caprese Croissant

with balsamic reduction

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1000kj	3162kj
Energy	239kcal	756kcal
Protein	7.3g	23g
Carbs	25g	78g
of which sugars	10.3g	32.7g
Fibre	1.8g	5.7g
Fat	12.3g	39g
of which saturated	7g	22.2g
Sodium	219mg	693mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Croissant/s
1	1	Tomato <i>rinse & slice ½ [1] into rounds</i>
60g	120g	Mozzarella Cheese <i>slice</i>
10g	20g	Green Leaves <i>rinse & roughly chop</i>
15ml	30ml	Balsamic Reduction

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **LE CROISSANT** Heat the croissant/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

2. **DELICIEUX** Fill the croissant/s with the tomato, the cheese, and green leaves. Drizzle over the balsamic reduction before closing up!