



# UCCOOK

## Carrot Pickle & Cream Cheese Croissant

with sliced almonds

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1488kJ	3229kJ
Energy	356kcal	772kcal
Protein	8.3g	17.9g
Carbs	29g	63g
of which sugars	7.1g	15.5g
Fibre	2.8g	6.1g
Fat	22.8g	49.6g
of which saturated	10.4g	22.5g
Sodium	820mg	1779mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

**Spice Level:** Mild

Eat Within 3 Days

**Ingredients & Prep Actions:**

Serves 1	[Serves 2]	
1	2	Croissant/s
40ml	80ml	Cream Cheese
30ml	60ml	Carrot Pickle
3g	5g	Fresh Basil <i>rinse &amp; roughly tear</i>
20g	40g	Almonds

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **WARM CROISSANT** Heat the croissant/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **CREAM CHEESE & CARROTS** Spread the cream cheese over the inside of the croissant. Top with the carrot pickle, the basil and the almonds. Season. Close up and dig in!