

## **UCOOK**

## **Classic Caprese Croissant**

with basil pesto

You've been thinking about this lunch the whole morning, Chef, and the time has finally arrived! Bite into a flaky & buttery croissant, smeared with a herbaceous Pesto Princess Basil Pesto, creamy gratings of cheese, tangy tomato & fresh greens.

Hands-on Time: 5 minutes Overall Time: 5 minutes

Serves: 2 People

Chef: Samantha du Toit

\*New Lunch

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| Ingredients & Prep |                            | 1. WARM CROISSANT Heat the croissants in a microwave until softened,<br>15 seconds. Allow to cool slightly before slicing and assembling.                                       | Nutritional Information                           |           |
|--------------------|----------------------------|---|---|-----------|
| 2                  | Croissants                 | 2. GREEN, RED & YELLOW When the croissants have cooled down, smear the bottom half with the pesto, top with the rinsed leaves, the sliced tomato, and the grated cheese. Enjoy! | Per 100g  |           |
| 60ml               | Pesto Princess Basil Pesto |   | Energy  | 1115kJ    |
| 20g                | Green Leaves               |   | Energy  | 267kcal   |
| -                  | rinse                      |   | Protein   | 8.3g      |
| 1                  | Tomato                     | Tomato  | Carbs   | 18g       |
|                    | rinse & thinly slice       |   | of which sugars                                   | 5.1g      |
| 120g               | Grated Cheddar Cheese      |   | Fibre   | 1.4g      |
|                    |                            |   | Fat   | 17.8g     |
| From Your Kitchen  |                            |   | of which saturated                                | 8.6g      |
| Salt & Pepper      |                            |   | Sodium  | 323mg     |
| Water              |                            |   |   |           |
|                    |                            |   | Allergens   |           |
|                    |                            |   | Cow's Milk, Egg, Gluten,<br>Wheat, Tree Nuts, Soy | , Allium, |

Eat Within 3 Days