



# UCOOK

## Goat's Cheese & Tomato Jam Croissant

with crisp green leaves

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jenna Peoples

### Nutritional Info

	Per 100g	Per Portion
Energy	1172kj	2637kj
Energy	280kcal	630kcal
Protein	6.9g	15.5g
Carbs	32g	73g
of which sugars	12.2g	27.5g
Fibre	2.4g	5.3g
Fat	13.9g	31.2g
of which saturated	8g	18.1g
Sodium	282.6mg	635.9mg

**Allergens:** Sulphites, Gluten, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

---

Serves 1	[Serves 2]	
1	2	Croissant/s
20g	40g	Chaloner Tomato Chilli Jam
25g	50g	Chevin Goat's Cheese <i>slice into rounds</i>
10g	20g	Green Leaves <i>rinse</i>
1	1	Cucumber <i>rinse &amp; slice into rounds</i>

## From Your Kitchen

---

Seasoning (salt & pepper)

Water

1. **WARM CROISSANT** Slice open the croissant/s and warm them in the microwave for 15 seconds. Allow to cool slightly before assembling.

2. **CHEESE, CHILLI & TOMATO** Spread the Chaloner tomato chilli jam over the bottom half of the croissant. Top with the goat's cheese, green leaves and cucumber. Season and close it up. Lunch is served, Chef!