

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: 1 Person

Chef: Samantha du Toit

*New Lunch

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Ingredients & Prep		1. WARM CROISSANT Heat the croissant in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.	Nutritional Information	ion
1	Croissant	2. GREEN, RED & YELLOW When the croissant has cooled down, smear the bottom half with the pesto, top with the rinsed leaves, the sliced	Per 100g	
30ml	Pesto Princess Basil Pesto	tomato, and the grated cheese. Enjoy!	Energy	1115kJ
20g	Green Leaves		Energy	267kcal
2	rinse		Protein	8.3g
1	Tomato		Carbs	18g
	rinse & thinly slice		of which sugars	5.1g
60g	Grated Cheddar Cheese		Fibre	1.4g
0			Fat	17.8g
From Your Kitchen			of which saturated	8.6g
Salt & Pepper Water			Sodium	323mg
			Allergens	
			Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts, Soy	

Eat Within 3 Days