Eat Within 2 Days

Creamy Trout Croissant

with crunchy cucumber

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	1220kJ	3089kJ
Energy	292kcal	739kcal
Protein	8g	20.2g
Carbs	24.7g	62.6g
of which sugars	7.3g	18.5g
Fibre	1.7g	4.4g
Fat	18g	45.5g
of which saturated	6.5g	16.6g
Sodium	523mg	1324mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Croissant/s
1 pack	2 packs	Smoked Trout Ribbons *roughly chop*
40ml	80ml	Creamy Horseradish *(10ml [20ml] Horseradish Sauce & 30ml [60ml] Mayo)*
50g	100g	Cucumber *rinse & cut into thin rounds*

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. TASTY TROUT CROISSANT Heat the croissant/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling. In a bowl, combine the trout, the creamy horseradish, and seasoning.

2. FRESH & CREAMY Top the bottom half with cucumber and the creamy trout. Close up and enjoy!