



# UCOOK

## Carrot Pickle & Cream Cheese Croissant

with sliced almonds

You can look forward to a lekker lunch today, Chef! A warm croissant is smeared with cream cheese, then layered with pickled carrot, peppery basil, & crunchy almond slivers.

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**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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\*New Lunch

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Ingredients & Prep

3	Croissants
125ml	Cream Cheese
90ml	Carrot Pickle
8g	Fresh Basil
	<i>rinse &amp; roughly tear</i>
60g	Almonds

From Your Kitchen

Salt & Pepper  
Water

1. **WARM CROISSANT** Heat the croissants 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 croissants. Top with the carrot pickle, top with the torn basil and the almond slices. Season. Close up and dig in!

Nutritional Information

Per 100g

Energy	1495kj
Energy	357kcal
Protein	8.3g
Carbs	29g
of which sugars	7.2g
Fibre	2.8g
Fat	22.9g
of which saturated	10.4g
Sodium	794.8mg

Allergens

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

Eat  
Within  
4 Days