



UCOOK

Fig Preserve & Brie Croissant

with flaked almonds

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1560kj	3041kj
Energy	373kcal	727kcal
Protein	9.8g	19.2g
Carbs	39g	75g
of which sugars	16.4g	31.9g
Fibre	1.9g	3.8g
Fat	19.9g	38.8g
of which saturated	10.9g	21.2g
Sodium	365.6mg	712.9mg

Allergens: Cow's Milk, Gluten, Wheat, Tree Nuts, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
3 units	4 units	Fig & Raisin Preserve
120g	160g	Brie Cheese <i>slice</i>
15g	20g	Almonds

From Your Kitchen

Seasoning (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. **A CHEERS TO LUNCH** Spread fig & raisin jam over the inside of the croissants. Top with the brie slices and the almonds. Close up and enjoy, Chef!