

# UCCOOK

## Beef Salami Croissant

with a mustard creme

**Hands-on Time:** 5 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Pamela Pfunda

### Nutritional Info

	Per 100g	Per Portion
Energy	1350kj	3391kj
Energy	323kcal	811kcal
Protein	9.3g	23.4g
Carbs	25g	62g
of which sugars	6.3g	15.8g
Fibre	1.4g	2.9g
Fat	20.9g	52.6g
of which saturated	11.1g	28g
Sodium	494.9mg	1243.1mg

**Allergens:** Cow's Milk, Soya, Gluten, Allium, Sulphites

**Spice Level:** None

Eat Within 4 Days

**Ingredients & Prep Actions:**

Serves 1	[Serves 2]	
1	2	Croissant/s
30ml	60ml	Mustard Creme <i>(5ml [10ml] Wholegrain Mustard &amp; 25ml [50ml] Crème Fraîche)</i>
50g	100g	Cucumber <i>rinse &amp; roughly slice</i>
1 pack	2 packs	Sliced Beef Salami
5g	10g	Crispy Onion Bits

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **WARM CROISSANT** Heat the croissant/s in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **FANCY LUNCH** Smear the bottom half of the croissant/s with the mustard mayo, and top with the cucumber, the salami, and the onion bits. Close up and enjoy!