

# U COOK



## Ricotta & Honey Croissant

with walnuts

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	1432kJ	3110kJ
Energy	342kcal	744kcal
Protein	8g	17.4g
Carbs	38g	82g
of which sugars	16.4g	35.5g
Fibre	2.4g	5.2g
Fat	17.7g	38.5g
of which saturated	8.8g	19g
Sodium	233.7mg	507.8mg

**Allergens:** Gluten, Tree Nuts, Wheat, Cow's Milk, Soya

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

7,5ml	10ml	Dried Thyme
60ml	80ml	Honey
30g	40g	Walnuts <i>roughly chop</i>
150g	200g	Ricotta Cheese
3	4	Croissants
30g	40g	Green Leaves <i>rinse</i>

## From Your Kitchen

Seasoning (salt & pepper)

Water

- 1. CUT THE CROISSANT** Slice open the croissants. Heat in the microwave until soft, 15-30 seconds.
- 2. RICOTTA & ROSEMARY** In a bowl, combine the ricotta, the thyme (to taste), the nuts, and seasoning.
- 3. PERFECTION** Spread the ricotta mixture over the bottom half of the croissants. Top with the leaves. Drizzle over the honey. Enjoy!