

UCOOK

Classic Caprese Croissant

with basil pesto

You've been thinking about this lunch the whole morning, Chef, and the time has finally arrived! Bite into a flaky & buttery croissant, smeared with a herbaceous Pesto Princess Basil Pesto, creamy gratings of cheese, tangy tomato & fresh greens.

Hands-on Time: 10 minutes Overall Time: 10 minutes

Serves: 4 People

Chef: Samantha du Toit

*New Lunch

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Ingredients & Prep		 WARM CROISSANT Heat the croissants in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling. 	Nutritional Information	
4	Croissants	2. GREEN, RED & YELLOW When the croissants have cooled down, smear the bottom half with the pesto, top with the rinsed leaves, the sliced tomato, and the grated cheese. Enjoy!	Per 100g	
125ml	Pesto Princess Basil Pesto		Energy	1115kJ
40g	Green Leaves		Energy	267kcal
	rinse		Protein	8.3g
2	Tomatoes		Carbs	18g
	rinse & thinly slice		of which sugars	5.1g
240g	Grated Cheddar Cheese		Fibre	1.4g
0			Fat	17.8g
From Your Kitchen			of which saturated	8.6g
Salt & Pepper Water			Sodium	323mg
			Allergens	
			Cow's Milk, Egg, Gluten, Wheat, Tree Nuts, Soy	, Allium,

Eat Within 3 Days