

Eat Within 4 Days

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	234mg	508mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
150g	200g	Ricotta Cheese
7,5ml	10ml	Dried Thyme
30g	40g	Walnuts *roughly chop*
30g	40g	Green Leaves *rinse & roughly chop*
60ml	80ml	Honey

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 & THYME 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!