

QCOOK

Ham, Cheese & Pesto Croissant

with basil pesto & green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1333kj	3116kj
Energy	319kcal	745kcal
Protein	12.1g	28.4g
Carbs	25g	58g
of which sugars	6.4g	14.9g
Fibre	5.1g	22g
Fat	19.1g	44.7g
of which saturated	8.9g	20.8g
Sodium	515mg	1203mg

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



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Croissant/s
25ml	50ml	Pesto Princess Basil Pesto
10g	20g	Green Leaves <i>rinse</i>
1 unit	2 units	Sliced Ham
30g	60g	Grated Mozzarella Cheese

From Your Kitchen

Water

Seasoning (salt & pepper)

1. BUTTERY CROISSANT Heat the croissant in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

2. FILLED WITH FLAVOUR Spread the sliced croissant with the pesto. Top with the rinsed green leaves, the ham, and the cheese. Close up and enjoy, Chef!