



U/C COOK

Basil Pesto Caprese Croissant

with cheddar cheese & tomato

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1115kJ	3776kJ
Energy	267kcal	903kcal
Protein	8.3g	28.1g
Carbs	18g	60g
of which sugars	5.1g	17.2g
Fibre	1.4g	4.9g
Fat	17.8g	60.3g
of which saturated	8.6g	29.2g
Sodium	323mg	1092mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
90ml	125ml	Pesto Princess Basil Pesto
40g	40g	Green Leaves <i>rinse</i>
2	2	Tomatoes <i>rinse & thinly slice</i>
180g	240g	Grated Cheddar Cheese

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **WARM CROISSANT** Heat the croissants in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **GREEN, RED & YELLOW** When the croissants have cooled down, smear the bottom half with the pesto, top with the salad leaves, the tomato, and the cheese. Enjoy!