



UCCOOK

Fig Preserve & Brie Croissant

with fresh basil & almonds

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1549kJ	3176kJ
Energy	370kcal	759kcal
Protein	10g	20.4g
Carbs	37g	76g
of which sugars	15.7g	32.1g
Fibre	2.2g	4.6g
Fat	20.2g	41.3g
of which saturated	10.4g	21.3g
Sodium	348mg	714mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
3 units	4 units	Fig & Raisin Preserve
120g	160g	Brie Cheese <i>slice</i>
15g	20g	Fresh Basil <i>rinse & roughly tear</i>
30g	40g	Almonds

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. **A CHEERS TO LUNCH** Spread fig & raisin jam over the inside of the croissant. Top with the brie slices, the basil leaves, and the almonds. Close up and enjoy, Chef!