



# uCOOK

## Goat's Cheese & Tomato Jam Croissant

with green leaves

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	960kj	2881kj
Energy	230kcal	689kcal
Protein	5.7g	17.2g
Carbs	27g	82g
of which sugars	12g	35.9g
Fibre	2.1g	6.4g
Fat	10.8g	32.5g
of which saturated	6.3g	18.8g
Sodium	230.6mg	691.8mg

**Allergens:** Soya, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Tomatoes <i>rinse &amp; slice 1½ [2] into rounds</i>
90g	120g	Chaloner Tomato Chilli Jam
3	4	Croissants
30g	40g	Green Leaves <i>rinse</i>
90g	120g	Chevin Goat's Cheese

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **WARM CROISSANT** Slice open the croissants and warm them in the microwave for 15 seconds. Allow to cool slightly before assembling.
2. **CHEESE, CHILLI & TOMATO** Spread the goat's cheese over the bottom half of the croissant. Top with the green leaves and the tomato. Smear the tomato chilli jam over the top half of the croissant. Close it up, and lunch is served, Chef!