

# U COOK

## Basil Pesto Caprese Croissant

with cheddar cheese & tomato

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

<b>Nutritional Info</b>	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 1	[Serves 2]	
1	2	Croissant/s
30ml	60ml	Pesto Princess Basil Pesto
20g	20g	Green Leaves <i>rinse</i>
1	1	Tomato <i>rinse &amp; thinly slice</i>
60g	120g	Grated Cheddar Cheese

## From Your Kitchen

---

Seasoning (salt & pepper)

Water

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

2. **GREEN, RED & YELLOW** When the croissant/s has [have] cooled down, smear the bottom half with the pesto, top with the salad leaves, the tomato, and the cheese. Enjoy!