



# UCCOOK

## Mozzarella, Tomato & Basil Croissant

with balsamic reduction

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1000kj   | 3111kj      |
| Energy             | 239kcal  | 744kcal     |
| Protein            | 7.3g     | 22.8g       |
| Carbs              | 24g      | 76g         |
| of which sugars    | 10.4g    | 32.5g       |
| Fibre              | 1.4g     | 4.4g        |
| Fat                | 12.3g    | 38.4g       |
| of which saturated | 7g       | 21.9g       |
| Sodium             | 221.9mg  | 690.3mg     |

**Allergens:** Cow's Milk, Gluten, Wheat, Sulphites, Soy

Eat Within 4 Days

Ingredients & Prep Actions:

|          |            |  |
|----------|------------|--|
| Serves 3 | [Serves 4] |  |
| 15g      | 20g        | Fresh Basil<br><i>rinse</i>                        |
| 45ml     | 60ml       | Balsamic Reduction                                 |
| 3        | 4          | Croissants   |
| 3        | 4          | Tomatoes<br><i>rinse &amp; slice 1½ [2] rounds</i> |
| 180g     | 240g       | Mozzarella Cheese<br><i>slice</i>                  |

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **LE CROISSANT** Heat the croissants in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **DELICIEUX** Fill the croissants with the tomatoes, the cheese, and the basil. Drizzle over the balsamic reduction before closing up!