



UCCOOK

Carrot Pickle & Cream Cheese Croissant

with sliced almonds

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1488kJ	3229kJ
Energy	356kcal	772kcal
Protein	8.3g	17.9g
Carbs	29g	63g
of which sugars	7.1g	15.5g
Fibre	2.8g	6.1g
Fat	22.8g	49.6g
of which saturated	10.4g	22.5g
Sodium	820mg	1779mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
125ml	160ml	Cream Cheese
90ml	125ml	Carrot Pickle
8g	10g	Fresh Basil
		<i>rinse & roughly tear</i>
60g	80g	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. **CREAM CHEESE & CARROTS** Spread the cream cheese over the inside of the croissants. Top with the carrot pickle, the basil and the almonds. Season. Close up and dig in!