



wCOOK

Chilli Ham & Cheese Croissant

with fresh green leaves

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	1338kJ	3560kJ
Energy	320kcal	851kcal
Protein	11g	29.1g
Carbs	23g	62g
of which sugars	7.4g	19.6g
Fibre	1.8g	7.7g
Fat	20.4g	54.3g
of which saturated	8.5g	22.7g
Sodium	426mg	1133mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
90ml	125ml	Mayo
30ml	40ml	Dried Chilli Flakes
30g	40g	Green Leaves <i>rinse</i>
3	4	Sliced Pork Ham
150g	200g	Mozzarella Cheese <i>slice into slabs</i>

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. **LAYERS OF FLAVOUR** In a bowl, add the mayo, chilli flakes (to taste), and seasoning, before smearing it onto the croissant/s. Top the bottom half of the croissant/s with the green leaves, ham, and cheese. Enjoy!