



# UCCOOK

## Ricotta & Honey Croissant

with walnuts

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jade Summers

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1437kJ   | 3105kJ      |
| Energy             | 344kcal  | 742kcal     |
| Protein            | 8g       | 17.3g       |
| Carbs              | 38g      | 81g         |
| of which sugars    | 16.4g    | 35.5g       |
| Fibre              | 2.3g     | 5g          |
| Fat                | 17.8g    | 38.5g       |
| of which saturated | 8.8g     | 19g         |
| Sodium             | 235mg    | 508mg       |

**Allergens:** Gluten, Tree Nuts, Wheat, Cow's Milk, Soya

**Spice Level:** None

Eat Within 4 Days

# Ingredients & Prep Actions:

|          |            |                                |
|----------|------------|--------------------------------|
| Serves 3 | [Serves 4] |                                |
| 3        | 4          | Croissants                     |
| 150g     | 200g       | Ricotta Cheese                 |
| 7,5ml    | 10ml       | Dried Thyme                    |
| 30g      | 40g        | Walnuts<br><i>roughly chop</i> |
| 30g      | 40g        | Green Leaves<br><i>rinse</i>   |
| 60ml     | 80ml       | Honey                          |

## From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **CUT THE CROISSANT** Slice open the croissants. Heat in the microwave until soft, 15-30 seconds.
2. **RICOTTA & THYME** In a bowl, combine the ricotta, the thyme (to taste), the nuts, and seasoning.
3. **PERFECTION** Spread the ricotta mixture over the bottom half of the croissants. Top with the leaves. Drizzle over the honey. Enjoy!