



UCOOK

Red Pepper Pesto Turkey Croissant

with red pepper pesto

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	1358kj	3007kj
Energy	325kcal	719kcal
Protein	9.6g	21.3g
Carbs	29.7g	65.8g
of which sugars	8.2g	18.1g
Fibre	2g	4.5g
Fat	18.7g	41.4g
of which saturated	7.2g	15.9g
Sodium	502mg	1112mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
105ml	140ml	Creamy Pesto <i>(60ml [80ml] Mayo & 45ml [60ml] Pesto Princess Red Pepper Pesto)</i>
30g	40g	Salad Leaves <i>rinse</i>
3 packs	4 packs	Sliced Smoked Turkey
15g	20g	Crispy Onion Bits

From Your Kitchen

Water

Seasoning (salt & pepper)

- 1. WARM CROISSANT** Heat the croissants in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
- 2. TASTY TURKEY** Smear the creamy pesto inside the croissants. Top with the salad leaves and the turkey slices. Sprinkle over the crispy onions and close up. Just like that, lunch is ready, Chef!