

Eat Within 4 Days

Ricotta & Honey Croissant

with walnuts

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	1432kJ	3110kJ
Energy	342kcal	744kcal
Protein	8g	17.4g
Carbs	38g	82g
of which sugars	16.4g	35.5g
Fibre	2.4g	5.2g
Fat	17.7g	38.5g
of which saturated	8.8g	19g
Sodium	234mg	508mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Croissant/s
50g	100g	Ricotta Cheese
2,5ml	5ml	Dried Thyme
10g	20g	Walnuts *roughly chop*
10g	20g	Green Leaves *rinse & roughly chop*
20ml	40ml	Honey

From Your Kitchen

Seasoning (salt & pepper)
Water

1. CUT THE CROISSANT Slice open the croissant/s. 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 croissant/s. Top with the leaves. Drizzle over the honey. Enjoy!