



UCCOOK

Beef Salami Croissant

with a mustard creme

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Pamela Pfunda

Nutritional Info	Per 100g	Per Portion
Energy	1350kJ	3391kJ
Energy	323kcal	811kcal
Protein	9.3g	23.4g
Carbs	25g	62g
of which sugars	6.3g	15.8g
Fibre	1.4g	2.9g
Fat	20.9g	52.6g
of which saturated	11.1g	28g
Sodium	494.9mg	1243.1mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Croissants
90ml	120ml	Mustard Creme <i>(15ml [20ml] Wholegrain Mustard & 75ml [100ml] Crème Fraîche)</i>
150g	200g	Cucumber <i>rinse & roughly slice</i>
3 packs	4 packs	Sliced Beef Salami
15g	20g	Crispy Onion Bits

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. **FANCY LUNCH** Smear the bottom half of the croissants with the mustard mayo, and top with the cucumber, the salami, and the onion bits. Close up and enjoy!