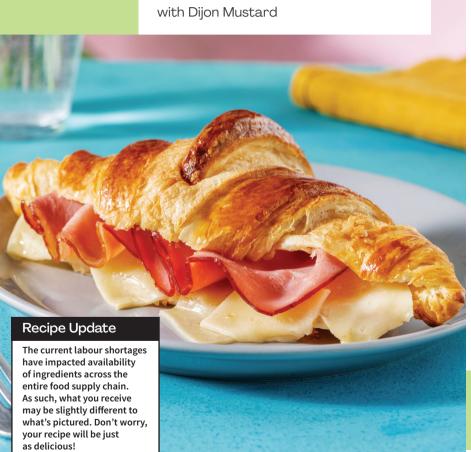


Ham & Cheese Croissant





Grab your Kit

First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Totara Tasty Cheddar	1 packet
Croissants	1 packet
Dijon Mustard	1 packet (15g)
Sliced Ham	1 packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	3306kJ	1309kJ
	(790Cal)	(313Cal)
Protein (g)	39.5g	15.6g
Fat, total (g)	55.8g	22.1g
- saturated (g)	31.1g	12.3g
Carbohydrate (g)	37g	14.7g
- sugars (g)	7.7g	3g
Sodium (g)	1926mg	763mg

The quantities provided above are averages only.

1. Get prepped

Preheat oven to 220°C/200°C fan-forced. Thinly slice
Totara Tasty Cheddar. Cut
croissants in half
horizontally.

2. Bake croissants

Spread **croissant** bases with **Dijon mustard** and top with **Cheddar** and **sliced ham**. Top with **croissant** tops and place on a baking tray. Bake

until cheese is melted, **5-8 minutes**.

3. Serve up

Divide croissants between plates.

Fresh tip!

Add a fried egg to your croissant for extra protein.

Allergens

Ilways read product labels for the most up-to-date allergen information. Visit lellofresh.co.nz/foodinfo for allergen and ingredient information. If you have eceived a substitute ingredient, please be ware allergens may have changed.

We're here to help

you have any questions or oncerns, please contact us a ellofresh.co.nz/contact 022 | CW18

