



Wash your hands and any

fresh foods before you start.

First up!

Nutrition Information		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2135kJ (510Cal)	1377kJ (329Cal)
Protein (g)	31.9g	20.6g
Fat, total (g)	32.4g	20.9g
- saturated (g)	18.9g	12.2g
Carbohydrate (g)	22.4g	14.5g
- sugars (g)	4.5g	2.9g
Sodium (g)	1624mg	1048mg

The quantities provided above are averages only.

1. Get prepped

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

2. Bake the croissants Spread croissant bases with **Dijon mustard**, then layer with **cheese** and **prosciutto**. Top with **croissant** tops and place on an oven tray. Bake until cheese is melted. 5-8 mins.

3. Serve up

Divide prosciutto and cheese croissants between plates.

Fresh tip!

Add a fried egg to your croissant for extra protein.

Allergens

We're here to help!

concerns, please contact us at hellofresh.com.au/contact







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