



# Croissant Croque Madame & Prosciutto

with Creamy Béchamel, Fried Eggs & Rocket Salad

Grab your Meal Kit with this symbol



Snacking Tomatoes



Croissant



Light Cooking Cream



Wholegrain Mustard



Prosciutto



Cheddar Cheese



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Apple



Orange



You Juice Pink Collagen Glow

Prep in: **20 mins**  
Ready in: **30 mins**

Celebrate mum with a decadent twist on croque madame using croissants! Boasting layers of prosciutto, creamy béchamel, and cheese nestled within buttery croissants, all topped off with a perfectly fried egg, it's a luxurious treat fit for the queen of the day. Pair it all with a refreshing pink collagen glow juice for an extra touch of luxury.

### Pantry items

Olive Oil, Butter, Plain Flour, Eggs

## Before you start

Wash your hands and any fresh food.

## You will need

Medium saucepan · Oven tray lined with baking paper ·

Large frying pan

## Ingredients

	<b>4 People</b>
<b>olive oil*</b>	refer to method
snacking tomatoes	1 punnet
croissant	2 packets
<b>butter*</b>	40g
<b>plain flour*</b>	2 tbs
light cooking cream	1 large packet
wholegrain mustard	1 packet
prosciutto	1 packet
Cheddar cheese	1 large packet
<b>eggs*</b>	4
spinach & rocket mix	1 medium packet
balsamic vinaigrette dressing	1 packet
apple	2
orange	1
youjuice pink collagen glow	4

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4602kJ (1099Cal)	561kJ (134Cal)
Protein (g)	33g	4g
Fat, total (g)	64.9g	7.9g
- saturated (g)	33.2g	4g
Carbohydrate (g)	95.4g	11.6g
- sugars (g)	52.8g	6.4g
Sodium (mg)	1391mg	169mg
Dietary Fibre (g)	13.5g	0.9g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Halve **snacking tomatoes**.
- Cut **croissants** in half horizontally.



## Fry the eggs

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to liking, **4-5 minutes**.

**TIP:** No eggs? Turn it into a Croque Monsieur and leave this step out.



## Make the béchamel sauce

- In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over medium heat.
- Add the **plain flour** and cook, stirring, until a thick paste forms, **1-2 minutes**
- Reduce heat to medium-low, then slowly whisk in **light cooking cream**, until smooth and slightly thickened, **1-2 minutes**.
- Remove from heat. Stir in **wholegrain mustard**, until combined. Season with **pepper**.



## Toss the salad

- In a medium bowl, combine **snacking tomatoes**, **spinach & rocket mix** and **balsamic vinaigrette dressing**.



## Bake the croissants

- Place **croissant bases** on a lined oven tray.
- Top bases with **prosciutto**, **béchamel** and some **Cheddar cheese** (reserving a handful).
- Replace **croissant tops** and gently press to seal. Sprinkle with **reserved cheese**.
- Bake until browned and cheese has melted, **8-10 minutes**.



## Serve up

- Slice **apple** and **orange** into wedges.
- Divide croissant croque madame and rocket salad between plates.
- Top croissants with fried eggs.
- Serve with **youjuice pink collagen glow**. Enjoy!

We're here to help!

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