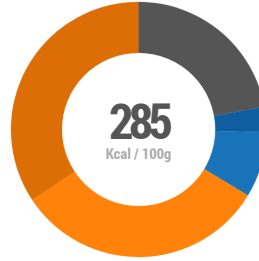


# 'Croque Monsieur' filled choux bun (website)

OVERVIEW ...



CALORIES:

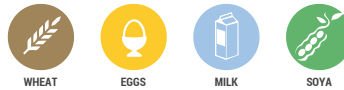
**285**  
Kcal / 100g

11.5% Carbs  
22.2% Protein  
66.4% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT

EGGS

MILK

SOYA

MAY CONTAIN:



HAZELNUTS,  
PECANS,  
ALMONDS,  
WALNUTS,  
PISTACHIOS

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

136191 Sysco Classic Large Choux Bun Shell..  
UN-FILLED CHOUX BUN

BRAKES **32g**

**1 x Each**

N/A

10468 Brakes Béchamel Sauce.. - BRAKES

10468 SAUCE

BRAKES **50g**

N/A

149911 Granarolo Grated Parmigiano Reggiano..

GRATED PARMIGIANO REGGIANO

BRAKES **50g**

unchanged

29178 Sysco Classic Sliced Honey Roast Ham..

SLICED HONEY ROAST HAM

BRAKES **30g**

unchanged

113880 Premium Large Chives Bunch.. - BRAKES

113880 CHIVES

BRAKES **5g**

N/A

134544 Kuhne Crispy Fried Onions..

FRIED ONIONS

BRAKES **5g**

**Each**

N/A

PRODUCTS / PACK SIZES ...

## 1 Serving



🕒 172g / 491kcal

# 1.0

### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Defrost the choux bun  
Finely chop the chives  
Finely chop the ham

##### Method:

1. In a pan over a medium heat whisk together the béchamel, cheese and half the ham, cook until thick and bubbling.
2. Reserve about a 1/3rd of the sauce, transfer the rest into a piping bag.
3. Quickly warm the choux bun in a oven for a few seconds.
4. Pipe the cheese mix into the bun and place onto a plate.
5. Spoon the remaining cheese sauce over the bun and sprinkle with crispy onions, chives and the remainder of the chopped ham.
6. Serve immediately.