



# UCOOK

## French Mushroom Galette

with Italian-style hard cheese & leeks

This decadent french crêpe is super quick to cook and full of flavour. The filling is sauteed leeks, garlic, Italian-style hard cheese and crème fraîche. Topped with pan fried mushrooms, parsley and hazelnuts. Served with a fresh sundried tomato and green leaf salad doused in a french vinaigrette.

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Hannah Duxbury

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 Vegetarian

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 Anthonij Rupert | L'Ormarins Blanc de Blancs

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## Ingredients & Prep

20g	Hazelnuts
500g	Exotic Mushrooms <i>wiped clean &amp; roughly sliced</i>
400g	Leeks <i>trimmed at the base &amp; cut in half lengthways</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
30ml	Crème Fraîche
10g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>
8	Crêpes <i>defrosted</i>
20ml	Dijon Mustard
20ml	White Wine Vinegar
80g	Green Leaves <i>rinsed</i>
80g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
40g	Italian-style Hard Cheese <i>peeled into ribbons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter

**1. HEAVENLY HAZELNUTS** Place the hazelnuts in a pan over a medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

**2. MAGICAL MUSHROOMS** Return the pan to a high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 5-6 minutes until soft and golden, shifting as they colour. You may need to do this step in batches. Remove from the pan on completion and season to taste.

**3. CREAMY LEEKS** Rinse the leek halves thoroughly and roughly chop. Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, sauté the grated garlic and chopped leeks for 3-4 minutes until soft, shifting frequently. Add the crème fraîche and ½ the chopped parsley and simmer for 1-2 minutes until combined. Season to taste and remove from the pan.

**4. GORGEOUS GALETTE** Return the pan, wiped down if necessary, to a medium-low heat. When hot, add a knob of butter. Once melted, add a crêpe to the pan. Top with a few dollops of the creamy leeks in the centre of the crêpe. Sprinkle over a handful of cooked mushrooms and a sprinkle of the cheese shavings. Fold each side of the crêpe in to make a square, leaving the center visible. Fry for 2-3 minutes or until the bottom is crispy. Repeat this step with the remaining crêpes.

**5. STUNNING SALAD** In a bowl, add the Dijon mustard, white wine vinegar, 60ml of olive oil, 2 tsp of a sweetener of choice, and some seasoning. Mix until fully combined. Add in the rinsed green leaves and chopped sun-dried tomatoes. Toss until combined.

**6. DIVINE DINNER!** Plate up the mushroom crêpes. Serve the dressed salad on the side. Garnish the dish with the remaining parsley, the remaining cheese shavings, and the chopped hazelnuts. Bon Appétit!



## Chef's Tip

The crêpe is thin and already cooked, so keep a close eye on it when cooking - it can burn easily!

## Nutritional Information

Per 100g

Energy	542kj
Energy	130Kcal
Protein	7.1g
Carbs	21g
of which sugars	3.5g
Fibre	6.5g
Fat	4.4g
of which saturated	1.2g
Sodium	76mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days