



# UCOOK

## Melty Mushroom Quesadillas

**with caramelised onions, cheddar cheese  
& crème fraîche**

An elegant vegetarian twist on a dish you love and know so well! Golden fried, thyme-laced mushrooms, oozy cheese, wilted spinach and caramelised onions packed into tortillas. Toasted to melty perfection, dolloped with jalapeño and parsley crème fraîche, and there you have it!

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**Hands-On Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Vegetarian

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 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; finely sliced</i>
15ml	Red Wine Vinegar
125g	Portobellini Mushrooms <i>wiped clean &amp; roughly sliced</i>
2g	Fresh Thyme <i> rinsed, picked &amp; finely chopped</i>
30ml	Crème Fraîche
4g	Fresh Parsley <i> rinsed, picked &amp; roughly chopped</i>
15g	Jalapeño Relish
50g	Spinach <i> rinsed &amp; shredded</i>
80g	Baby Tomatoes <i> quartered</i>
50g	Cucumber <i> roughly diced</i>
2	Wheat Flour Tortillas
100g	Grated Mozzarella & Cheddar Cheese Mix

## From Your Kitchen

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

**1. IT GOES ON ONION** Preheat the oven to 220°C. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the sliced onion for 8-10 minutes until soft and translucent. Stir through the red wine vinegar and a sweetener of choice, to taste, and cook for a further 5 minutes until the onion is caramelised. Remove the pan from the heat, season and set aside.

**2. MUSHROOM MANIA** Place a pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms and chopped thyme for 4-5 minutes until soft and golden, shifting as they colour. Remove from the pan on completion and season.

**3. BRING THE ZING** Meanwhile, in a small bowl, combine the crème fraîche, ¾ of the chopped parsley, and ¾ of the jalapeño relish to taste. Wipe down the pan if necessary and return it to a medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the shredded spinach for 2-3 minutes until wilted. Remove from the pan on completion, season and set aside. In a salad bowl, place the quartered tomatoes and diced cucumber with a drizzle of oil and season. Toss to combine and set aside.

**4. QUESADILLA ME, BABY!** Place a grill or nonstick pan over a high heat. When hot, add 1 tortilla and cook on one side for 30 seconds or until slightly toasted and charred. Remove from the pan, then repeat with the remaining tortilla. Place 1 tortilla, toasted-side up, on a board. Top with the caramelised onions, mushrooms, sautéed spinach leaves, and grated cheese. Then sandwich with the remaining tortilla, toasted-side down. Return the grill pan or pan to a high heat. Add the quesadilla and cook for 1-2 minutes until toasted on one side and the cheese is melted. On completion, cut into quarters until you have 4 triangles.

**5. TIME TO DINE!** Time to plate up a quesadilla you won't forget in a hurry! Arrange the flavour-packed triangles on a plate with dollops of the jalapeño crème fraîche and side with some tomato salsa. Garnish with the remaining chopped parsley and jalapeño relish. Tuck in!



## Chef's Tip

Caramelised onions reach their full silky potential when finely sliced and cooked slowly. If you have the time, fry yours over a low heat (instead of medium) and add on an extra 10-15 minutes cooking time.

## Nutritional Information

Per 100g

Energy	578kj
Energy	138Kcal
Protein	5.7g
Carbs	12g
of which sugars	3.3g
Fibre	1.4g
Fat	7.5g
of which saturated	4.1g
Sodium	212mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days