



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.

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Vegetarian

 Anthonij Rupert | L'Ormarins Blanc de Blancs

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Ingredients & Prep

5g	Hazelnuts
125g	Exotic Mushrooms <i>wiped clean & roughly sliced</i>
100g	Leeks <i>trimmed at the base & cut in half lengthways</i>
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Crème Fraîche
3g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
2	Crêpes <i>defrosted</i>
5ml	Dijon Mustard
5ml	White Wine Vinegar
20g	Green Leaves <i>rinsed</i>
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
10g	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 3-5 minutes until soft and golden, shifting as they colour. 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 2-3 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 crêpe.

5. STUNNING SALAD In a bowl, add the Dijon mustard, white wine vinegar, 15ml of olive oil, ½ a 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