



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!


Hands-On Time: 50 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Megan Bure

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

2	Onions <i>peeled & finely sliced</i>
60ml	Red Wine Vinegar
500g	Portobellini Mushrooms <i>wiped clean & roughly sliced</i>
8g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
125ml	Crème Fraîche
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
60g	Jalapeño Relish
200g	Spinach <i>rinsed & shredded</i>
320g	Baby Tomatoes <i>quartered</i>
200g	Cucumber <i>roughly diced</i>
8	Wheat Flour Tortillas
400g	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 10-12 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 large 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 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.

3. BRING THE ZING Meanwhile, in a small bowl, combine the crème fraîche, $\frac{3}{4}$ of the chopped parsley, and $\frac{3}{4}$ 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 3-4 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 tortillas. Place 4 tortillas, toasted-side up, on a board. Top each one with the caramelised onions, mushrooms, sautéed spinach leaves, and grated cheese. Then sandwich with the remaining tortillas, toasted-side down. Return the grill pan or pan to high heat. Add 1 quesadilla and cook for 1-2 minutes until toasted on one side and the cheese is melted. Cover to keep warm while you repeat with the remaining quesadillas. On completion, cut each one into quarters until you have 16 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