UCOOK

Caramelised Onion & Mushroom Flatbread

with green leaves, Emmental cheese & balsamic reduction

Flatbreads are adorned with thyme-infused caramelised mushrooms and Emmental cheese. Baked to perfection, it's a cheesy, crispy delight topped with fresh green leaves and a balsamic reduction. Enjoy every mouthwatering bite, Chef!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Morgan Otten

Veggie

No paired wines

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

375g	Button Mushrooms *wiped down & roughly chopped*
3	Onions *peeled & roughly sliced*
8g	Fresh Thyme *rinsed & picked*
1	Naan Bread
90g	Emmental Cheese *grated*
60g	Green Leaves *rinsed & roughly shredded*
45ml	Italian-style Hard Cheese *peeled into ribbons*
45ml	Balsamic Reduction

From Your Kitchen

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

1. CARAMELISE Preheat the oven to 180°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms and the sliced onion until golden and caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, mix in the picked thyme, and season.

2. BAKE Place the flatbreads on a roasting tray. Top with the caramelised veggies, ½ the rinsed green leaves, and the grated Emmental cheese. Pop in the oven until the cheese is melted and turning golden, 5-8 minutes

3. EAT Scatter the remaining green leaves and the cheese ribbons over the flatbreads. Drizzle with the balsamic reduction and enjoy!

Nutritional Information

Per 100g

Energy	664kJ
Energy	159kcal
Protein	6.6g
Carbs	20g
of which sugars	6g
Fibre	2.6g
Fat	5.2g
of which saturated	2.6g
Sodium	187mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook within 3 Days