



**PLANT-BASED
RECIPES**
QUESADILLA
Cheddar flavour



you will need

- 1 tortilla wrap
- 50 gr mushrooms, *sliced*
 - $\frac{1}{2}$ small red onion, *sliced*
 - $\frac{1}{2}$ clove of garlic, *crushed*
- A handful of fresh spinach
- 50 gr of **GreenVie Cheddar** flavour
- $\frac{1}{2}$ tsp of salt
- $\frac{1}{2}$ tsp of black pepper
- 1 tbsp of vegetable oil

Serve with:

- Mashed avocado
- Lemons
- Chili flake
- Hemp seeds

Recipe & Photo credits
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method

Start by frying the onions and mushrooms with vegetable oil on a medium heat (5 min).

Now you can add the spinach and season with salt and pepper. Cook until the spinach has wilted and set aside.

In a bigger pan (*on medium heat*) put the tortilla in and place the spinach and mushroom mix so it covers half of the wrap and top with cheese. Close the wrap, so a half moon forms and cook for 2 minutes on each side.

Take it out and cut into triangles

Serve with mashed avocado and enjoy!



SERVES



PREP TIME



COOK TIME

*Did you make
this recipe?*



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