



Quesadilla

with





Ingredients:

- 1 tortilla wrap • 50 gr mushrooms, sliced
 - ½ small red onion, sliced
 - ½ clove of garlic, crushed
- A handful of fresh spinach
- 50 gr of GreenVie Cheddar flavour
- ½ tsp of salt • ½ tsp of black pepper
 - 1 tbsp of vegetable oil

Serve with:

- Mashed avocado • Lemons
- Chili flake • Hemp seeds



Instructions

Start by frying the onions and mushrooms with the vegetable oil on a medium heat.

After 5 minutes you can add in the spinach and season with salt and pepper. Cook until the spinach has wilted and set aside.



Instructions

In a bigger pan put the tortilla in, set on medium heat. Place the spinach and mushroom mix so it covers half of the wrap and top with cheeze.

Close the wrap, so a half moon forms and cook for 2 minutes on each side - this will melt the cheeze.

Take it out and cut into triangles
Serve with mashed avocado and enjoy!



Green Vie
dairy-free
delight

with
**CHEDDAR
FLAVOUR**

B12
ENRICHED

Vegan
Registered by the
Vegan Society

plant based

WITH
COCONUT OIL

I melt
for you...

Net weight:
250g e

FREE FROM
DAIRY / GLUTEN / SOYA / LACTOSE / PALM OIL

