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# MUSHROOM, CAULI, LENTIL, CHEESY, PEPPADEW CUPS

RECOMMENDED SELLING PRICE

**R106.65\***

Per Kg Rsp

**R26.48\***

Price Per Portion

\*Guideline only. Will differ between regions.

100%  
**VEGAN**  
Recipe

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# MUSHROOM, CAULI, LENTIL, CHEESY, PEPPADEW CUPS



**Yield:** 1.49 kg



**Prep Time:** 30 min



**Serves:** 6



**Cook Time:** 40 min

## INGREDIENTS



400 g (1 roll)  
Puff pastry



50 g  
Olive oil



10 g  
**Robertsons  
Cajun Spice**



5 g  
**Robertsons  
Veggie Seasoning**



200 g  
Cauliflower  
(sliced lengthways)



200 g  
Mushrooms  
(cut into chunks)



100 g  
Brown lentils  
(cooked per  
packaging instructions)



100 g  
Red onions  
(quartered)



50 g  
Vegan cheese  
(grated)



50 g  
Peppadew  
(roughly chopped)



20 g  
Sunflower seeds  
(toasted)



Baby spinach leaves  
(as required)

## METHOD

1. Pre-heat an oven to 180 °C, grease a muffin tray and cut the puff pastry into rounds. Press the pastry down against the sides and bottom, and prick the bottom of the pastry with a knife. Mix the olive oil, **Robertsons Cajun Spice** and **Robertsons Veggie Seasoning** and brush the pastry with the mixture. Bake in the oven for 10 min, remove from the oven and set aside.
2. Add the remaining oil mixture, cauliflower, mushrooms, lentils and onions to a pan and fry for 2 to 3 mins, remove from the heat and set aside.
3. Divide the mixture evenly into the pastry cups, sprinkle with the grated cheese, peppadews, toasted sunflower seeds and and bake in the oven for 10 min. Remove from the oven, allow to cool, and serve with baby spinach leaves.

## CHEF'S TIP

Swap out the cauliflower for broccoli and the sunflower seeds for pumpkin seeds and garnish with fried kale for an extra crunch. The puff pastry can be prepared the day before, and just before baking coat with the oil mixture.



# NUTRITIONAL STATEMENTS

## MUSHROOM, CAULI, LENTIL, CHEESY PEPPADEW CUPS

Puff pastry (Woolworths Frozen Puff Pastry [Wheat flour, vegetable fat (palm fat, sunflower oil, water, salt, emulsifiers), water, salt]), cauliflower, mushrooms, brown lentils, red onion, olive oil, peppadews, vegan cheese (Woolworths Dairy Free Cheddar Flavoured Cheese [Water, modified potato starch, coconut oil (21%), salt, acacia gum, yeast extract, fructose, acidity regulators, flavouring, colourants, rosemary extract, vitamin b12]), sunflower seeds, Robertsons Cajun Spice [Salt, radurised spices (17%) (pepper, nutmeg), chillies (13%), garlic powder, wheat flour (sulphur dioxide), monosodium glutamate (flavour enhancer), onion powder, anticaking agent (E551, E572), radurised parsley, vegetable oil (palm fruit) (contains antioxidant TBHQ), flavour enhancer (E631, E627)] and Robertsons Veggie Seasoning [Salt, sugar, onion, garlic, redbell peppers, parsley, origanum, hydrogenated vegetable fat (palm fruit, TBHQ), food acid, paprika, chilli, tomato, black pepper, vegetable fat (palm fruit), flavour enhancers].

Allergens: Gluten. Made in a factory that processes egg, cow's milk and soya.