



## **ONION, MUSHROOM & CHEDDAR POLENTA BAKE**

*Prep. time 10 minutes | Cooking time 45-55 minutes | Pre-heat 180°C | Serves 2-4*

Give your vegan menu a bit of Northern Italian or Romanian flavour using this delicious polenta bake. Made with our Cheddar and Caramelised Onion style Sheese, we think this one deserves its place on any table and tastes fantastic.

### **Ingredients**

1 cup instant polenta  
4 cups water  
Pinch of salt, pepper and oregano  
1 tablespoon olive oil

#### **For the topping:**

1 tablespoon olive oil  
1 red onion, halved then thinly sliced  
1 clove garlic, crushed  
200g mushrooms, sliced  
1 teaspoon dried oregano  
Pinch of chilli flakes  
Salt and black pepper, to season  
Large handful of baby spinach leaves  
100g Bute Island Cheddar Style Caramelised Onion Sheese, broken up into small chunks  
Small handful of walnuts



### **Cooking Method**

Preheat the oven to 180 degrees C and grease and line a 22cm square or circular deep baking tray.

Place the water and polenta in a pan and gently bring to the boil then turn the heat down and continue cooking on a medium heat for about 5 minutes, whisking constantly. Stir in the oil, herbs and seasoning, then pour into your prepared dish and spread out evenly.

Bake for about 15 minutes until almost firm on top. Meanwhile heat the remaining oil in a large pan, then add the onion and garlic. Cook on a medium heat for a good 10 minutes, until almost soft and caramelised.

Now stir in the mushrooms, herbs, spices and seasoning and continue cooking for a further 5-10 minutes until softened. At the very last minute (making sure all liquid has been absorbed), stir in the spinach so it lightly wilts. Remove from the heat.

Spread this mixture on top of the polenta base to cover, then scatter over the chunks of Sheese.

Return to the oven and bake for a further 10 minutes to allow the sheese to melt.

Leave to stand for 5 minutes then cut into slices – now serve!