



MUSHROOM AND TOMATO PÂTÉ

HEAT LEVEL 

Savor the rich and earthy goodness of our Mushroom and Tomato pâté a delectable spread with a perfect blend of mushrooms and tomatoes for a satisfying and flavorful appetizer.

15 Mins

2 Servings

INGREDIENTS

15 ml (1 Tbsp) cooking oil
1 large onion, coarsely chopped
125 g button mushrooms, sliced
15 g sundried tomatoes, coarsely chopped
5 ml (1 tsp) sugar
125 ml (½ cup) fresh breadcrumbs
125 g cream cheese or smooth cottage cheese
15 ml (1 Tbsp) chopped, fresh parsley
45 ml (3 Tbsp) Spur BBQ Sauce

METHOD

- 1 Heat oil in a medium, heavy-based saucepan. Add onion and sauté slightly until soft. Add mushrooms and tomatoes and fry for 2 minutes until soft.
- 2 Remove from heat. Add the sugar, breadcrumbs, cream cheese, parsley and Spur BBQ Sauce. Blitz the ingredients together in a food processor until a slightly coarse texture.
- 3 Spoon into small ramekins and refrigerate for a few hours.
- 4 Serve with Cheese & Herb Bread, Melba toast, crackers or health bread.

VARIATIONS

None

