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'Shroom Burger with Caramelised Onion & Fried Egg

Who says vegetarians have to miss out on that classic burger experience? This rival cheeseburger is one you cannot miss - it's jam-packed with mushroom, sweet onions and stringy mozzarella cheese! What's the best bit, you ask? We can't decide!

 **Prep:** 10 mins
 **Cook:** 20 mins
Total: 30 mins

 level 1

 high fibre

 high protein

Pantry Items



Olive Oil



Butter



Balsamic Vinegar



Field Mushrooms



Mozzarella Cheese



Red Onion



Bake-At-Home
Burger Buns



Eggs



Mixed Salad Leaves

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2P	4P	Ingredients
2	4	field mushrooms, washed & dried
1 tbs	2 tbs	olive oil *
1 block	2 blocks	Mozzarella cheese, grated
2	4	bake-at-home burger buns, left whole
1 tsp	2 tsp	butter *
1	2	red onion, finely sliced
2 tsp	1 tbs	balsamic vinegar *
2	4	eggs
½ bag	1 bag	mixed salad leaves, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2260	Kj
Protein	31.9	g
Fat, total	24.7	g
-saturated	8.2	g
Carbohydrate	39.5	g
-sugars	7.1	g
Sodium	647	mg



You will need: *chef's knife, chopping board, box grater, paper towel, oven tray lined with baking paper, a medium frying pan, spatula and an egg flip.*

1 Preheat oven to **200°C/180°C** fan forced.

2 Place the **field mushrooms** on the oven tray and drizzle with the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **15 minutes** and then sprinkle with the **Mozzarella cheese**. Cook for a further **10 minutes** or until the mushroom is tender. Add the **bake-at-home burger buns** in the last **5 minutes**.



3 Meanwhile, melt the **butter** in a medium frying with a splash of olive oil (so the butter doesn't burn) over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until softened. Add the **balsamic vinegar** and cook for a further **3 minutes** or until sticky. Remove from the pan and wipe clean with paper towel.



4 Lightly grease the pan with a little oil and then crack the **eggs** into the pan. Cook for **2 minutes**, or until the egg white sets. Remove from the pan with an egg flip.

5 To assemble the burgers cut the buns in half. Top with the roasted mushroom, egg and caramelised onion. Add a small handful of the **mixed salad leaves** and dig in.



Did you know? Judging by production rates, onions are the 6th most popular vegetable crop in the world.