



Rosemary Mushroom Burger

with Creamy Pesto Dressing & Parmesan Crisps

Grab your Meal Kit with this symbol



Sweet Potato



Rosemary



Tomato



Brown Onion



Garlic



Field Mushrooms



Grated Parmesan Cheese



Bake-At-Home Burger Buns



Rocket Leaves



Creamy Pesto Dressing

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Use nature's patties – large field mushroom cups – in place of meat to make these scrumptious veggie burgers. Give them a little brush with rosemary-infused oil and top them with oven-baked Parmesan crisps to create a dinner that's so much better than the local burger joint.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
rosemary	2 sticks	4 sticks
salt*	¼ tsp	½ tsp
tomato	1	2
brown onion	1	2
garlic	1 clove	2 cloves
field mushrooms	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g
bake-at-home burger buns	2	4
rocket leaves	1 small bag (30g)	1 medium bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3054kJ (729Cal)	508kJ (121Cal)
Protein (g)	21.5g	3.6g
Fat, total (g)	35.8g	6g
- saturated (g)	13.3g	2.2g
Carbohydrate (g)	78g	13g
- sugars (g)	23.1g	3.8g
Sodium (mg)	948mg	158mg

The quantities provided above are averages only.

Allergens

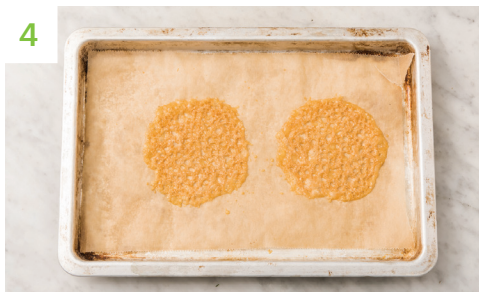
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into fries and place on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.



Bake the Parmesan crisps

While the mushrooms are cooking, place the **grated Parmesan cheese** in even circles (about the same size as a burger bun, one per person) on a second lined oven tray. Bake until the cheese is golden and crisp at the edges, **8-10 minutes**. Remove from the oven - the Parmesan crisps will become crisp as they cool.

TIP: *Keep an eye on the cheese crisps, they can burn quickly!*



Get prepped

While the fries are baking, pick and finely chop the **rosemary** leaves. In a small bowl, combine the **rosemary**, the **salt** and a drizzle of **olive oil**. Stir to combine. Thinly slice the **tomato**. Thinly slice the **brown onion**. Finely chop the **garlic**.



Cook the onion

Return the frying pan to a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **onion**, stirring, until soft, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.



Cook the mushrooms

Heat a large frying pan over a medium-high heat. Remove the stems from the **field mushrooms**, then brush the **mushrooms** all over with the **rosemary oil**. Add to the hot pan and cook, turning occasionally, until the mushrooms are soft and most of the liquid has evaporated, **15 minutes**. Transfer to a plate lined with paper towel.

TIP: *Gently press down on the mushrooms with the back of a spatula to squeeze out excess liquid.*



Serve up

Cut the burger buns in half. Build your burgers with the sautéed onion, rosemary mushrooms, Parmesan crisps, tomato slices, **rocket leaves** and **creamy pesto dressing**. Serve with the fries.

Enjoy!

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