



# Cheesy Garlic-Herb Mushroom Burger

with Spiced Kumara Fries, Pickled Onion & Slaw

Grab your Meal Kit with this symbol



Red Kumara



Louisiana Spice Blend



Red Onion



Portabello Mushrooms



Garlic & Herb Seasoning



Slaw Mix



Smoky Aioli



Shredded Cheddar Cheese



Butter Burger Buns

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced orange kumara with red kumara, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

**Hands-on:** 20-30 mins  
**Ready in:** 30-40 mins

Use nature's patties – large portabello mushroom cups – in place of meat to make these scrumptious veggie burgers. Give them a little rub with our garlic and herb seasoning and top them with melty Cheddar cheese to create a dinner that's so much better than the local burger joint.

**Pantry items**

Olive Oil, Rice Wine Vinegar

## 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

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	2 (medium)	2 (large)
Louisiana spice blend	1 sachet	2 sachets
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
portabello mushrooms	2	4
garlic & herb seasoning	1 sachet	1 sachet
slaw mix	1 bag (150g)	1 bag (300g)
smokey aioli	1 packet (50g)	1 packet (100g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
butter burger buns	2	4

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3209kJ (766Cal)	545kJ (130Cal)
Protein (g)	22.1g	3.8g
Fat, total (g)	36.5g	6.2g
- saturated (g)	10.4g	1.8g
Carbohydrate (g)	95.1g	16.1g
- sugars (g)	20.6g	3.5g
Sodium (mg)	2094mg	356mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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 **240°C/220°C fan-forced**. Cut the **red kumara** (unpeeled) into 1cm fries and place on an oven tray lined with baking paper. Sprinkle over the **Louisiana spice blend**, season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

**TIP:** Cut the kumara to size so it cooks in time.



## Pickle the onion

While the fries are baking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add it to the **pickling liquid** with just enough **water** to cover the **onion**. Set aside until serving.



## Cook the mushrooms

Heat a large frying pan over a medium heat. Remove the stems from the **portabello mushrooms**. In a medium bowl, combine the **garlic & herb seasoning** and a generous drizzle of **olive oil**. Add the **mushrooms** and toss to coat. When the pan is hot, cook the **mushrooms**, turning occasionally, until just softened and most of the liquid has evaporated, **10 minutes**.

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

**TIP:** The spice blend will char slightly in the pan - this adds to the flavour!



## Make the slaw

While the mushrooms are cooking, add the **slaw mix** and **smokey aioli** to a second medium bowl. Season with **salt** and **pepper**. Toss to combine and set aside.



## Make it cheesy

Sprinkle the **shredded Cheddar cheese** over the **mushrooms** and reduce the heat to low. Cover the pan with a lid or foil and cook until the cheese has melted, **3-5 minutes**. Transfer to a plate lined with paper towel. While the cheese is melting, place the **butter burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**.



## Serve up

Slice the burger buns in half. Drain the pickled onion. Build your burgers by topping the buns with the slaw, 1/2 the pickled onion and a cheesy garlic-herb mushroom. Serve with the spiced kumara fries and remaining pickled onion.

Enjoy!