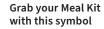


Cheesy Garlic-Herb Mushroom Burger with Spiced Kumara Fries, Pickled Onion & Slaw







Red Kumara



Blend



Red Onion





Portabello Mushrooms



Garlic & Herb Seasoning







Smokey Aioli



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!

Pantry items

Olive Oil, Rice Wine Vinegar



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.

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 \cdot 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	1/2	1
rice wine vinegar*	1/4 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

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	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 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 panthis 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!