



Product Spotlight: Field Mushroom

It is best to store mushrooms in the paper bags they are packed in as it allows them to breathe. Air-tight containers will cause condensation, and this will spoil them.



Balsamic Mushroom Burgers

with Avocado & Feta Smash

Get the BBQ going for these delicious vegetarian burgers! Balsamic marinated field mushrooms served in wholemeal burger buns with smashed avocado and feta, grilled capsicum and dressed rocket leaves.



25 minutes



4 servings



Vegetarian

6 October 2023

Bulk it up!

Bulk up the burgers with fried eggs, grilled zucchini or grated beetroot. You can serve alongside potato or sweet potato chips!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	35g	39g

FROM YOUR BOX

BASIL	1 packet
AVOCADOS	2
FETA	1 packet (200g)
FIELD MUSHROOMS	400g
RED CAPSICUM	1
WHOLEMEAL BURGER BUNS	4-pack
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, soy sauce, 1 garlic clove

KEY UTENSILS

BBQ or griddle/frypan

NOTES

Add some chilli flakes to the avocado smash if you like!

Drizzle any spare marinade over the mushrooms as they cook.

No gluten option – Burger buns are replaced with GF burger buns.



1. MAKE THE FETA SMASH

Slice basil leaves.

Mash the avocados on a plate or in a bowl using a fork. Crumble in 1/2 packet feta cheese and add half of the sliced basil leaves (reserve remaining). Season to taste with **salt and pepper** (see notes).



2. MARINATE THE MUSHROOMS

Trim the mushroom stems and cut red capsicum into thick slices. Combine **1 tbsp olive oil, 1 tbsp vinegar, 1 tbsp soy sauce, 1 crushed garlic clove and black pepper**. Toss with mushrooms and capsicum to marinate.



3. GRILL THE MUSHROOMS

Heat the BBQ or a fry/griddle pan over medium high heat. Add mushrooms and capsicum, cook for 4-5 minutes on each side or until tender (see notes).



4. WARM THE BUNS

Cut the buns in half. Warm in a dry frypan (or on the barbecue) for 1-2 minutes.



5. DRESS THE ROCKET

Meanwhile, toss rocket leaves with remaining 1/2 packet crumbled feta and remaining basil leaves. Dress with **olive oil** and **balsamic vinegar**.



6. FINISH AND SERVE

Assemble burgers with avocado and feta smash, grilled mushrooms, capsicum and rocket salad.



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