



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Field Mushrooms

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.



L4

Grilled Mushroom Burgers with Beetroot Dip

Get the BBQ cranking for these burgers! Field mushrooms marinated in dried herbs and spices, BBQ'd and served in wholemeal burger buns with beetroot dip and a side of roasted carrot chips.



30 minutes



4 servings



Vegetarian

16 December 2022

Bulk it up!

Bulk up the burgers with fried eggs, grilled halloumi or crumble over feta cheese. You can also cut some potato or sweet potato chips and add to the roasting tray.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	15g	46g

FROM YOUR BOX

FIELD MUSHROOMS	1 bag (600g)
CARROTS	3
PURPLE CARROTS	2
LEBANESE CUCUMBER	1
WHOLEMEAL BURGER BUNS	4-pack
BEETROOT DIP	1 tub
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, garlic clove, smoked paprika, dried thyme, soy sauce, vinegar (of choice)

KEY UTENSILS

oven tray, BBQ

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Use a BBQ or griddle pan.

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

Protein upsize – protein upsize is 1 packet halloumi cheese. Slice halloumi and cook on each side until golden. Add to burgers to serve.



1. MARINATE THE MUSHROOMS

Set oven to 220°C.

Crush **garlic clove**. Add to a bowl along with **2 tsp smoked paprika, 2 tsp thyme, 1 tbsp soy sauce, 2 tbsp olive oil** and **pepper**. Whisk to combine. Add mushrooms and set aside to marinate.



4. GRILL THE MUSHROOMS

Heat the BBQ (see notes) over medium-high heat. Add mushrooms and cook for 4–6 minutes each side until tender.



2. ROAST THE CARROT CHIPS

Cut orange and purple carrots into chips. Toss on a lined oven tray with **oil, 2 tsp thyme, salt and pepper**. Roast for 15–20 minutes until tender.



5. WARM THE BUNS

Cut the buns in half. Place in the oven for 5 minutes until toasty.



3. PICKLE THE CUCUMBER

In a non-metallic bowl whisk together **1/4 cup vinegar, 2 tbsp water** and **1 tsp salt** (see notes). Thinly ribbon cucumber and add to bowl.



6. FINISH AND SERVE

Drain pickled cucumber.

Assemble burgers with beetroot dip, grilled mushrooms, pickled cucumber and fresh rocket leaves. Serve with carrot chips.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

