




Product Spotlight: Silverbeet


One cup of chopped silverbeet has just 35 calories and provides more than 300% of the daily value for vitamin K which helps control bonding of calcium in bones and other tissues.




4 Mushroom Burger with Walnut Pate

Sautéed mushrooms with caramelised capsicum and onion, walnut pate and freshly dressed silverbeet served on naturally gluten-free buckwheat buns by Panna Bakery.

 30 mins

 4 servings

 Plant-Based

7 May 2021

Spice it up!

Feel free to individualise these burgers as much as you desire. Some ideas include adding fresh sliced tomato, or adding the pate to the mushrooms and then using vegan cheese, or any other burger sauce you love.

Per serve: **PROTEIN** 16g **TOTAL FAT** 13g **CARBOHYDRATES** 59g

FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
GREEN CAPSICUM	1
MUSHROOMS	400g
SILVERBEET	1/2 bunch *
BUCKWHEAT BUNS	4
WALNUT PATE	1/4 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, 1/2 stock cube, white wine vinegar

KEY UTENSILS

2 large frypans

NOTES

Toast the buns in batches if needed.

Alternatively, toast the buns in a sandwich press or in an oven at 180°C for 5 minutes.



1. PREPARE VEGETABLES

Slice onion, capsicums and mushrooms. Shred the silverbeet leaves and chop.



2. SAUTÉ VEGETABLES

Heat a frypan over medium heat with **oil**. Add onion and capsicums, season with **salt and pepper**. Cook for 12–15 minutes, stirring often, until caramelised. Remove from pan.



3. TOAST THE BUNS

Heat a second frypan over medium–high heat. Slice the buns in half and toast cut side down in the frypan for 3–5 minutes (see notes).



4. COOK MUSHROOMS

Reheat vegetable pan over medium–high heat with **oil**, cook mushrooms with **2 tsp oregano** for 4–6 minutes until golden, add **1/2 cup water, 1/2 stock cube**, season with **salt and pepper** and cook for a further 5 minutes. Toss mushrooms through with other cooked vegetables.



5. PREPARE THE BUNS

In a bowl combine **2 tsp olive oil and 1 1/2 tsp vinegar**. Add silverbeet to bowl and massage into dressing.

Smear even amounts of walnut pate on the cut side of the buns



6. FINISH AND PLATE

Top the buns with dressed silverbeet and evenly divide the mushroom mixture among burger buns.

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