



# Mushroom and Goat's Cheese Burger

with Balsamic Caramelised Onion, Peashoots and Wedges

Calorie Smart 35 Minutes • Under 600 Calories • 1 of your 5 a day • Veggie

17



Potato



Red Onion



Balsamic Vinegar



Portobello Mushroom



Goat's Cheese



Ciabatta



Pea Shoots

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray x2, Frying Pan and Mixing Bowl.

## Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	2	2
Balsamic Vinegar (14)	2 sachets	4 sachets	4 sachets
Portobello Mushroom**	2	3	4
Goat's Cheese (7)**	½ block	¾ block	1 block
Ciabatta (11) (13)	2	3	4
Pea Shoots**	1 bag	1½ bags	2 bags

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2159 /516	425 /102
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	86	17
Sugars (g)	11	2
Protein (g)	19	4
Salt (g)	0.95	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Make the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.**



## Roast the Mushrooms

Once the **potatoes** are nearly done, move them to the middle of the oven. Transfer the **mushrooms** (stalk side up) onto a roasting tray. Divide the **goat's cheese** between the **mushrooms** then bake on the top shelf of your oven until the **cheese** has melted, 8-10 mins. Meanwhile, cut the **ciabattas** in half (like a sandwich). Pop the **ciabatta** in the oven for the last 3-4 mins to toast.



## Caramelised Onion Time

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **onion** and season with **salt** and **pepper** and cook, stirring regularly, until soft and caramelised, 8-10 mins. Add **half** the **balsamic vinegar** with a pinch of **sugar** (if you have some) and cook for 1 minute until the liquid has evaporated. Transfer to a small bowl and set aside. Wipe out the pan but don't wash it up!



## Salad Time

Meanwhile, pop the remaining **balsamic vinegar** and a drizzle of **oil** into a bowl and season with a pinch of **salt** and **pepper**. Mix together. Just before the **mushroom goat's cheese burger** is ready, add the **pea shoots** to the **dressing** and toss to coat.



## Mushroom Time

Remove the stalk from the **portobello mushrooms** and discard the stalk (leave the mushroom whole). Return the frying pan to a medium high heat with a drizzle of **oil**. Add the **mushroom** to the pan and season with **salt** and **pepper**. Fry until golden brown, 3-4 mins, then turn over and cook for a further 3-4 mins.



## Serve!

Divide the **ciabattas** between plates and top the bottom **half** with the **mushroom** then spoon over the **balsamic onion**. Top with some **peashoots** and the top of the **ciabatta**. Serve with the **wedges** and remaining **peashoots**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.