



# Mushroom and Goat's Cheese Burger

with Balsamic Caramelised Onion, Pea Shoots and Wedges

Calorie Smart 35 Minutes • Little Spice • 1 of your 5 a day

26



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:

Cutting Board, Knife, Baking Tray, Frying Pan and Bowl.

## Ingredients

|                          | 2P        | 3P        | 4P        |
|--------------------------|-----------|-----------|-----------|
| Potato**                 | 450g      | 700g      | 900g      |
| Red Onion**              | 1         | 2         | 2         |
| Balsamic Vinegar<br>14)  | 2 sachets | 3 sachets | 4 sachets |
| Portobello<br>Mushroom** | 2         | 3         | 4         |
| Goat's Cheese 7)**       | 60g       | 100g      | 125g      |
| Ciabatta 11) 13)         | 2         | 3         | 4         |
| Pea Shoots**             | 40g       | 60g       | 80g       |

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

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 508g        | 100g     |
| Energy (kJ/kcal)        | 2156 /515   | 424 /101 |
| 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## 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, drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer 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 then 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**, 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.



## Make the Salad

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**, toss to coat.



## Fry the Mushrooms

Remove the stalk from the **portobello mushrooms** and discard the stalk (leave the **mushroom** whole). Return the frying pan to 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 **pea shoots** and the top of the **ciabatta**. Serve with the **wedges** and remaining **pea shoots**.

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.