



# Cheesy Mushroom Burger and Fries with Sticky Onions and Balsamic Tomato Salad

Classic 30-35 Minutes • 2 of your 5 a day • Veggie

43



Potatoes



Red Onion



Mature Cheddar  
Cheese



Medium Tomato



Balsamic Vinegar



Portobello Mushroom



Fig Jam



Burger Bun



Rocket

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, grater, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion**	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Medium Tomato	1	1½	2
Balsamic Vinegar 14)	24ml	36ml	48ml
Portobello Mushroom**	2	3	4
Fig Jam	40g	60g	80g
Burger Bun 13)	2	3	4
Rocket**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2483 /593	439 /105
Fat (g)	23.7	4.2
Sat. Fat (g)	8.0	1.4
Carbohydrate (g)	79.1	14.0
Sugars (g)	23.0	4.1
Protein (g)	18.3	3.2
Salt (g)	1.35	0.24

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Eyes on the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Make the Sticky Onions

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Stir through the **fig jam** and remaining **balsamic vinegar**. Cook until caramelised and sticky, 1-2 mins more.



## Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion**. Grate the **Cheddar cheese**. Cut the **tomato** into 1cm chunks.

In a medium bowl, combine the **tomatoes**, a drizzle of **olive oil**, **half** the **balsamic vinegar** and a pinch of **salt** and **pepper**. Set aside.



## Bring on the Buns

When the **mushrooms** and **chips** are almost ready, halve the **burger buns**.

Pop the **buns** onto a baking tray and into the oven to warm through, 2-3 mins.



## Cook the Mushrooms

Remove the stems from the **portobello mushrooms** (but leave the **mushrooms** whole). Heat a drizzle of **oil** in a large frying pan on high heat.

Fry the **mushrooms** until golden brown, 4-5 mins, then turn over and cook for a further 4-5 mins.

Transfer the **mushrooms**, stem-side up, to a baking tray. Sprinkle over the **grated cheese** and season with **salt** and **pepper**.

Bake on the middle shelf of your oven until the **cheese** has melted, 8-10 mins.



## Assemble and Serve

When everything's ready, spread the **mayonnaise** (see pantry for amount) over the **bun lids**.

Top the **bun bases** with the **cheesy mushrooms**, **sticky onions** and some **rocket**, then sandwich shut with the **bun lids**.

Add the remaining **rocket** to the bowl of **tomatoes** and toss to combine.

Serve your **mushroom burgers** with the **fries** and **salad** alongside.

## Enjoy!