



Classic Cheesy Mushroom Burger with Onion Marmalade, Wedges and Salad

Customer Favourites 30-35 Minutes • 1 of your 5 a day • Veggie

40



Potatoes



Portobello Mushroom



Mature Cheddar
Cheese



Medium Tomato



Onion Marmalade



Red Wine
Vinegar



Burger Buns



Baby Leaf
Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Portobello Mushroom**	2	3	4
Mature Cheddar Cheese** 7)	60g	90g	120g
Medium Tomato	1	1	2
Onion Marmalade	40g	60g	80g
Red Wine Vinegar 14)	12g	18g	24g
Burger Buns 13)	2	3	4
Baby Leaf Mix**	50g	70g	100g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbspc	1½ tbspc	2 tbspc

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	485g 2226 /532	100g 459 /110
Fat (g)	18.3	3.8
Sat. Fat (g)	8.0	1.6
Carbohydrate (g)	76.5	15.8
Sugars (g)	17.2	3.5
Protein (g)	16.9	3.5
Salt (g)	1.06	0.22

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Dress the Tomatoes

While the **mushrooms** cook, in a large bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **tomatoes** to the **dressing** and toss to coat. Set aside.



Finish your Prep

Meanwhile, remove the stems from the **portobello mushrooms** (but leave the **mushroom** whole).

Grate the **Cheddar cheese**. Cut the **tomato** into 2cm chunks.

Pop the **onion marmalade** into a small bowl and break it up with a spoon.



Warm your Buns

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

Pop the **buns** into the oven to warm through, 2-3 mins.



Bake the Mushies

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. Season with **salt** and **pepper**.

Transfer the **mushrooms**, stem-side up, to a medium baking tray.

Fill the **mushrooms** with the **onion marmalade**, sprinkle over the **grated cheese** and season with **salt** and **pepper**.

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



Finish and Serve

When everything's ready, add the **baby leaves** to the **tomatoes** and toss to coat. **TIP:** Don't add the leaves too early or they'll go soggy.

Pop the **cheesy mushrooms** into the **buns** and serve on your plates with the **wedges** and **salad** alongside.

Enjoy!