



Mushroom and Goat's Cheese Burger

with Balsamic Onions, Pea Shoots and Rosemary Wedges

Classic 35-40 Minutes • 2 of your 5 a day • Veggie

4



Potatoes



Dried Rosemary



Red Onion



Balsamic Vinegar



Portobello Mushroom



Goat's Cheese



Ciabatta



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Sugar

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, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1 sachet	2 sachets
Red Onion**	1	2	2
Balsamic Vinegar 14)	24ml	36ml	48ml
Portobello Mushroom**	2	3	4
Goat's Cheese** 7)	75g	120g	150g
Ciabatta 13)	2	3	4
Pea Shoots**	40g	60g	80g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	531g	100g
	2170 /519	409 /98
Fat (g)	11.9	2.2
Sat. Fat (g)	6.1	1.1
Carbohydrate (g)	90.2	17.0
Sugars (g)	11.8	2.2
Protein (g)	18.8	3.5
Salt (g)	1.52	0.29

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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1 Make 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**, sprinkle over the **dried rosemary**, 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.



4 Roast and Toast

About 10 mins before the **wedges** are cooked, move them to the middle shelf of the oven.

Transfer the **mushrooms**, cup-side up, to another baking tray. Divide the **goat's cheese** between them, then bake on the top shelf until the **cheese** has melted, 8-10 mins.

Meanwhile, halve the **ciabattas**. For the last 3-4 mins, add them to the oven to toast and warm though.



2 Caramelised Onion Time

Meanwhile, halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 8-10 mins.

Add **half** the **balsamic vinegar** and the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

Transfer to a small bowl and set aside. Wipe out your (now empty) pan.



5 Salad Prep

Meanwhile, pop the remaining **balsamic vinegar** and a drizzle of **olive oil** into a bowl. Season with **salt** and **pepper**, then mix together.

Just before the **mushrooms** are ready, add the **pea shoots** to the **dressing** and toss to coat.



3 Fry the Mushrooms

Remove the stems from the **portobello mushrooms** (but leave the **mushroom** whole).

Return the frying pan to medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms** and season with **salt** and **pepper**. Fry until golden brown, 3-4 mins, then turn over and cook for a further 3-4 mins.



6 Serve

When everything's ready, top the **base** of each **ciabatta half** with a **cheesy mushroom**, some **caramelised onions** and a handful of **pea shoots**, then sandwich shut with the **ciabatta lid**.

Serve with the **wedges** and remaining **pea shoots** alongside.

Enjoy!