



Mushroom-Veggie Burgers

with Charred Zucchini, Parmesan and Aioli



20-30min



4 Portions

These quick burgers are next-level delicious, thanks to flavoursome vegan patties. Based on mushrooms, and packed with other veggies plus sunflower seeds too, they're perfect with the charred zucchini, shards of parmesan and lashings of aioli. Rounded out with chat potatoes and plenty of spinach, the whole family will love these.

What we send

- sour dough roll ^{1,6}
- baby spinach leaves
- mushroom burger ^{1,11}
- chat potatoes
- aioli ³
- parmesan ⁷
- zucchini

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- medium saucepan

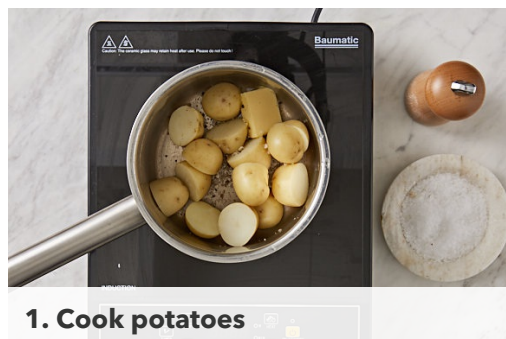
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 670kcal, Fat 34.3g, Carbs 68.6g, Proteins 17.7g



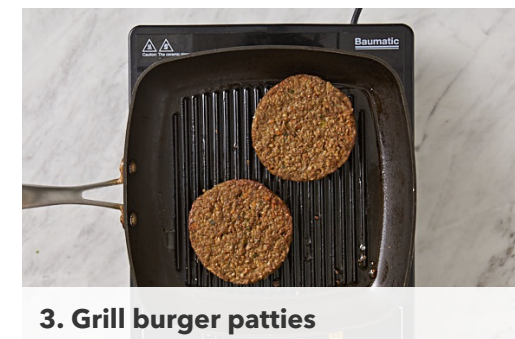
1. Cook potatoes

Halve the **potatoes** and put in a medium saucepan of cold, salted water. Bring to the boil over medium-high heat and cook for 8-10 mins until tender. Drain well then return to the pan with **20g butter**. Season with **salt and pepper** then remove from the heat and cover to keep warm.



2. Cook zucchini

Meanwhile, thinly slice the zucchini lengthwise. Put in a bowl with **1 tbs olive oil** and toss to coat. Heat a chargrill pan or large frypan over high heat. Add the **zucchini** in a single layer, season with **salt and pepper** and cook for 2 mins each side or until tender and charred. Remove from the pan and cover to keep warm, reserving the pan.



3. Grill burger patties

Preheat the oven grill to high. Heat the reserved chargrill pan over medium-high heat then cook the **mushroom patties** for 2-3 mins on each side until heated through.



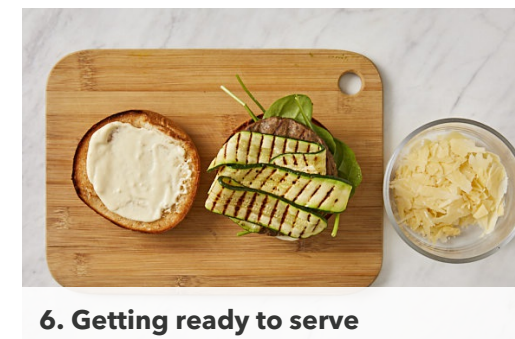
4. Toast bread

Meanwhile, cut the **sourdough rolls** in half horizontally and toast under the grill for 3 mins each side or until golden.



5. Wilt spinach

While the buns toast, reserve a **large handful of the spinach leaves** to serve, then add the **remaining spinach** to the **warm potatoes** and toss to combine. Cover and stand for 1-2 mins to wilt the spinach. Use a vegetable peeler to thinly shave the **parmesan**.



6. Getting ready to serve

Spread the tops and bases of the **sour dough rolls** with **aioli**. Divide the **reserved spinach, mushroom patties, zucchini, shaved parmesan** and **sourdough tops** among the bases. Divide the **burgers, potatoes** and **spinach** among plates.