

DINNERLY

Moroccan Vego Burgers with Mushroom Patties



20-30 minutes



4 Servings

Here's a dead set vego crowd-pleaser. A burger topped with a wholesome mushroom patty and laced with the bright and sunny flavours of Morocco.

WHAT WE SEND

- 4 mushroom burger patties ^{1,11}
- 2 carrots
- 1 onion
- 10g ras el hanout spice blend ^{1,17}
- 4 milk buns ^{1,3,6,7}
- 150g mixed salad leaves

WHAT YOU NEED

- olive oil
- salt and pepper
- sugar

TOOLS

- large frypan
- medium frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

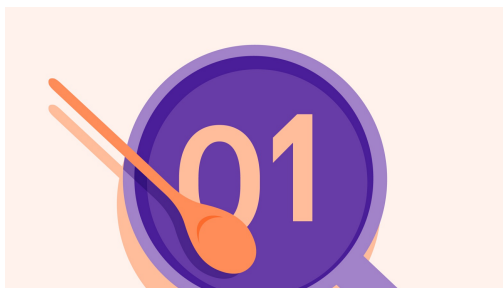
If you don't have a grill you can easily toast the buns in a frypan.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 640kcal, Fat 26.8g, Carbs 77.1g, Proteins 18.8g



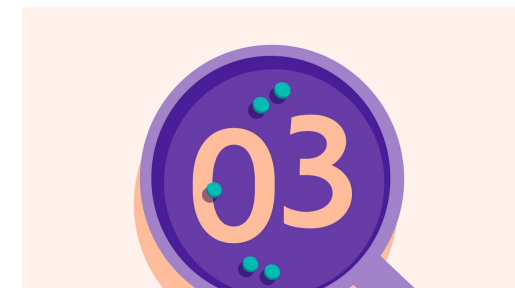
1. Prep veggies

Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Peel the **carrots** into ribbons using a vegetable peeler. Put **1 tbs red wine vinegar**, **½ tsp salt** and **½ tsp sugar** in a bowl and stir to dissolve. Add the carrot and toss to combine.



2. Cook spiced onions

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **onion, garlic** and **2 tsp ras el hanout** (any remaining ras el hanout won't be used in this dish), stirring, for 6-8 mins until soft and lightly golden. Remove the pan from the heat and season with **salt and pepper**.



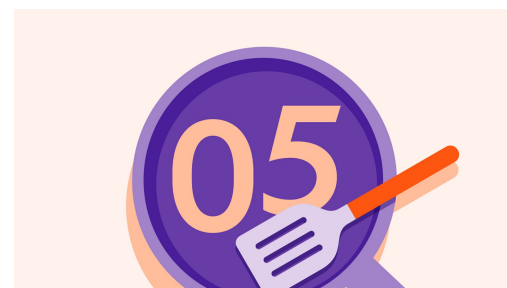
3. Cook mushroom patties

Meanwhile, preheat the grill to high. Heat **1 tbs olive oil** in a large frypan over medium heat. Cook the **mushroom patties** for 2-3 mins each side until golden and warmed through.



4. Toast buns

Cut the **buns** in half, put on an oven tray and grill for 1-2 mins until lightly toasted.



5. Serve up

Spread the **bun bases** with **2 tbs mayonnaise** and top with the **patties, spiced onions, pickled carrots** and some **salad leaves**. Sandwich with the bun tops. Serve the **burgers** with the **remaining salad** on the side.



6. Make it again

Make these vego burgers again with grilled portobello mushrooms. Preheat the grill to medium in Step 1. Put the mushrooms on an oven tray, drizzle with olive oil and season with salt and pepper. Grill, turning halfway for 8-10 mins, until tender and juicy.