



## Vego Mushroom Burgers

with Kale Chips and Egg



20-30min



2 Portions

Thanks to clever plant-based ingredients, you can now have your burger patty and eat it too. Here, mushrooms stand in for the usual mince, with a fried egg, melty cheddar, tomato slices and sweet, caramelised onions in support roles. Oh and let's not forget those crisp, crunchy kale chips, made in a matter of minutes; this dish tastes as amazing as it looks.

## What we send

- kale
- cheddar <sup>7</sup>
- tomato
- aioli mayonnaise <sup>3</sup>
- onion
- sourdough roll <sup>1,6</sup>
- mushroom burger patties <sup>1,11</sup>

## What you'll require

- balsamic vinegar <sup>17</sup>
- eggs <sup>3</sup>
- sea salt and pepper
- sugar
- vegetable oil

## Utensils

- baking paper
- medium frypan
- oven tray

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

## Allergens

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

## Nutrition per serving

Energy 1010kcal, Fat 55.5g, Carbs 90.0g, Proteins 33.7g



### 1. Bake kale chips

Heat the oven to 200C. Line 2 oven trays with baking paper. Coarsely tear the **kale** into large pieces, discarding the tough stems. Put on a lined tray, season with **salt and pepper**, drizzle with **2 tsp olive oil** and toss to coat. Bake for 6-8 mins, tossing halfway, until crisp.



### 4. Fry eggs

Heat **2 tsp olive oil** in the reserved pan over medium heat. Crack **2 eggs** into the pan and cook for 3-4 mins until just set, or until cooked to your liking.



### 2. Caramelize onion

Meanwhile, thinly slice **onion**. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook onion for 3 mins, stirring, or until starting to brown. Reduce heat to medium, add **2 tsp balsamic vinegar**, **1 tsp sugar** and season with **salt and pepper**. Cook, stirring occasionally, for 10 mins or until caramelised. Remove from pan. Wipe pan clean and reserve.



### 5. Prepare ingredients

Thinly slice the **tomato** and **cheese**. Spread the roll tops with the **aioli**.



### 3. Bake patties and rolls

While the onion cooks, halve the **rolls** through the middle. Put the rolls, cut-side down, and **mushroom patties** on the remaining lined tray. Bake, turning halfway, for 6-8 mins until the rolls are golden brown and the patties are heated through.



### 6. Melt cheese

Divide the **patties** and **cheese** among the roll bases, then return to the oven for 2-3 mins until the cheese has melted. Divide among plates and then top with the **tomato** and **onion**. Divide the fried eggs among the roll tops then serve with the **kale chips**.