



Vego Mushroom Burgers

with Kale Chips and Egg



20-30min



4 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

- mushroom burger patties ^{1,11}
- tomato
- aioli mayonnaise ³
- kale
- cheddar ⁷
- onion
- sourdough roll ^{1,6}

What you'll require

- balsamic vinegar ¹⁷
- eggs ³
- sea salt and pepper
- sugar
- vegetable oil

Utensils

- baking paper
- large 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 90.1g, 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 **1 tbs olive oil** and toss to coat. Bake for 6-8 mins, tossing halfway through, until crisp.



4. Fry eggs

Heat **1 tbs olive oil** in the reserved pan over medium heat. Crack **4 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 **1 tbs olive oil** in a large frypan over medium-high heat. Cook onion for 3 mins, stirring, or until starting to brown. Reduce heat to medium, add **1 tbs balsamic vinegar**, **2 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 through, 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**.