

MARLEY SPOON



Vego Mushroom Burger

with Caramelised Onion Sauce



30-40min



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 luscious balsamic caramelised onion sauce and fresh tomato and baby spinach in support roles. Serve up with roasted potato, carrot and parsnip gems for a super nourishing and delicious dinner.

What we send

- tomato
- baby spinach leaves
- red onion
- carrot
- parsnip
- potato
- 4 mushroom burger patties ^{1,11}
- milk bun ^{1,3,6,7}

What you'll require

- balsamic vinegar ¹⁷
- honey
- olive oil
- sea salt and pepper

Utensils

- baking paper
- oven tray
- small saucepan

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

Cooking tip

If your parsnip is large you may want to remove the core which can become fibrous. Quarter the parsnip lengthwise, then slice lengthwise to remove core.

Allergens

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

Nutrition per serving

Energy 790kcal, Fat 28.1g, Carbs 102.2g, Proteins 22.8g



1. Prepare vegetables

Read through the recipe. Heat the oven to 220C. Line 2 oven trays with baking paper. Peel the **potatoes, carrots** and **parsnips** (see cooking tip), then cut into 2cm chunks. Thinly slice the **onions**.



4. Caramelize onion

Stir **1 tbs balsamic vinegar** and **2 tsp honey** into the **onion**. Cook for 1-2 mins until caramelised and slightly sticky. Halve the **buns** through the middle and put on the remaining lined tray, cut-side down. Add the **mushroom patties** to the tray.



2. Roast vegetables

Put the **potato, carrot** and **parsnip** on a lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 25-30 mins until golden and tender.



5. Heat patties

After the vegetables have been roasting for 20 mins, add the **tray of mushroom patties and buns** to the oven and bake, turning halfway, for 5 mins until the buns are heated through. Remove the buns from the tray and return the patties to the oven for a further 3 mins or until heated through.



3. Cook onion

Meanwhile, heat **2 tbs olive oil** in a small saucepan over medium heat. Add the **onion**, season with **salt and pepper** and cook, stirring occasionally, for 6 mins or until golden and softened.



6. Get ready to serve

Meanwhile, thinly slice the **tomatoes**. Divide the **spinach, mushroom patties, tomato** and **onion sauce** among **bun bases**, then sandwich with the **bun tops** and serve with the **roasted vegetables**.