



UCCOOK

Guilt-free Portobello Burgers

with butternut half-moons & pickled cucumbers

Who doesn't enjoy a good burger? This one is packed with all the things you love and more! We are using the perfect low-carb hamburger bun – a portobello mushroom. So umami and scrummy, you won't even miss the bread!


Hands-on Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Range Cabernet Sauvignon 2016

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Ingredients & Prep

750g	Butternut <i>deseeded, peeled (optional) & cut into half-moons</i>
2	Garlic Cloves <i>peeled & grated</i>
12g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
30ml	Red Wine Vinegar
300g	Cucumber <i>finely sliced</i>
6	Portobello Mushrooms <i>cleaned with paper towel & stems removed</i>
3	Free-range Beef Burger Patties
75g	Grated Mozzarella & Cheddar Cheese
60g	Salad Leaves <i>rinsed & roughly shredded</i>
30ml	Wholegrain Mustard

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. BUTTERNUT BEAUTS Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and golden, shifting halfway.

2. SOME PREP In a bowl, add a drizzle of oil, the grated garlic, the chopped oregano, and seasoning. Mix to combine.

3. COOL CUCUMBERS In a small bowl, add the vinegar, a splash of cold water and the cucumber slices. Set aside to pickle until serving.

4. MUSHIE BUNS When the roast has 15-20 minutes remaining, place a pan or griddle pan over medium-high heat with a drizzle of oil. When hot, fry the mushroom 'buns' for 4-5 minutes per side until browned and cooked through. In the final 1-2 minutes, baste the mushrooms with the oregano & garlic oil. Remove from the pan on completion.

5. PERFECTO PATTIES Return the pan to a medium-high heat with a drizzle of oil (if necessary). When hot, fry the beef patties for 4-5 minutes per side until browned and cooked to your preference. You might have to do this step in batches. Remove from the pan, place on a roasting tray and sprinkle over the grated cheese. Pop in the oven and roast for 2-3 minutes until the cheese is melted.

6. BUILD THE BURGER Place one mushroom 'bun' down on the plate and lay over the shredded leaves. Place a cheesy burger patty on top and smear over the mustard. Pile up some of the pickled cucumber and close up the burger with the other mushroom 'bun'. Serve the remaining pickled cucumber and shredded leaves alongside the roasted butternut half-moons. Enjoy, Chef!



Chef's Tip

If you have an airfryer, why not use it to fry the mushroom buns? Fry for 8-10 minutes until browned and cooked through.

Nutritional Information

Per 100g

Energy	445kj
Energy	106kcal
Protein	5.4g
Carbs	6g
of which sugars	1.8g
Fibre	1.4g
Fat	6.5g
of which saturated	2.6g
Sodium	49mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days