

# UCOOK

## Mushroom & Cheese Burger

with black beans & crispy fries

Make your own cheesy mushroom & black bean patties to create this delicious veggie burger! Served with green leaves and tomato rounds inside and fresh fries on the side, you won't get any better fast food than this!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Hannah Duxbury

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 Veggie

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 Boschendal | Stellenbosch Cabernet  
Sauvignon

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## Ingredients & Prep

200g	Potato <i>peeled (optional) &amp; cut into 5mm chips</i>
250g	Button Mushrooms <i>wiped clean &amp; finely diced</i>
60g	Black Beans <i>drained &amp; rinsed</i>
50g	Grated Mozzarella & Cheddar Cheese Mix
30ml	Cake Flour
1	Schoon Burger Bun <i>halved</i>
45ml	That Mayo (Original)
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>½ cut into rounds</i>

## From Your Kitchen

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

**1. CRISPY FRIES** Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season well, and toss until coated. Spread out in a single layer and roast in the hot oven for 30-35 minutes until cooked through and crispy. At the halfway mark, gently shift the chips and drain any excess oil — lose it or reuse it! Return to the oven for the remaining roasting time.

**2. DRY-FRY THE MUSHIES** Place a pan over a medium-high heat. When hot, dry-fry the diced mushrooms for 5-7 minutes until soft and golden, shifting as they colour. Remove from the pan on completion, discarding any mushroom liquid, and place in a blender along with the drained black beans, the grated cheese, the flour, and seasoning. Pulse until combined into a paste. Use a wooden spoon, in between pulses, to help push the mixture together. Wet your hands to stop the mixture sticking, and shape the mushroom mixture into 2 1cm thick patties. Set aside in the fridge to chill until frying.

**3. DON'T WANT NONE UNLESS YOU GOT BUNS HUN!** Return the pan, wiped down if necessary, to a medium heat. Spread butter on the cut side of the halved bun or brush with oil. Place the bun, cut-side down, in the pan and toast for 1-2 minutes until crisp. Remove from the pan on completion.

**4. FRYING AWAY** Return the pan to a medium heat with enough oil to cover the base. When hot, fry the mushroom patties for 3-4 minutes per side until golden and cooked through. Remove from the pan and drain on paper towel.

**5. BURGER BONANZA!** Dish up your crispy fries and smear ½ the mayo on the bottom half of the bun. Top with the mushroom patties, rinsed green leaves, and sliced tomato. Serve the remaining mayo for dipping on the side. Close it all up with the remaining bun half and dig in, Chef!



## Chef's Tip

Dry frying is when no fat is used to fry something! Mushrooms release a lot of moisture when they're cooking so dry frying them allows them to release the moisture, without adding too much more liquid!

## Nutritional Information

Per 100g

Energy	464kJ
Energy	111Kcal
Protein	4.5g
Carbs	15g
of which sugars	2.1g
Fibre	2.2g
Fat	3.5g
of which saturated	1.5g
Sodium	102mg

## Allergens

Egg, Gluten, Dairy, Sesame, Wheat, Sulphites

Cook  
within 1  
Day