



Mushroom and Goat's Cheese Burger

with Balsamic Onions, Rocket and Wedges

Classic 35-40 Minutes • 1 of your 5 a day • Veggie

21



Potatoes



Red Onion



Balsamic Vinegar



Portobello Mushroom



Goat's Cheese



Ciabatta



Rocket

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	2	2
Balsamic Vinegar 14)	2 sachets	3 sachets	4 sachets
Portobello Mushroom**	2	3	4
Goat's Cheese** 7)	75g	120g	150g
Ciabatta 13)	2	3	4
Rocket**	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	503g	100g
Energy (kJ/kcal)	2008/480	399/95
Fat (g)	11	2
Sat. Fat (g)	6	1
Carbohydrate (g)	82	16
Sugars (g)	8	2
Protein (g)	17	3
Salt (g)	1.21	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Make the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Roast the Mushrooms

About 10 mins before the **wedges** are cooked, move them to the middle of the oven. Transfer the **mushrooms** (stalk side up) onto a baking tray. Divide the **goat's cheese** between the **mushrooms**, then bake on the top shelf until the **cheese** has melted, 8-10 mins. Meanwhile, cut the **ciabattas** in half, then pop into the oven for the last 3-4 mins to toast.



Caramelised Onion Time

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry until soft and sweet, 8-10 mins. Add **half** the **balsamic vinegar** with a pinch of **sugar** (if you have some) and cook until the **balsamic** has evaporated, 1-2 mins. Transfer to a small bowl and set aside. Wipe out the pan for later.



Salad Prep

Meanwhile, pop the remaining **balsamic vinegar** and a drizzle of **oil** into a bowl. Season with a pinch of **salt** and **pepper**, then mix together. Just before the **mushrooms** are ready, add the **rocket** to the **dressing** and toss to coat.



Cook the Mushrooms

Remove the stalk from the **portobello mushrooms** (but leave the **mushrooms** whole). Return the frying pan to medium-high heat with a drizzle of **oil**. Add the **mushrooms** to the pan and season with **salt** and **pepper**. Fry until golden brown, 3-4 mins, then turn over and cook for a further 3-4 mins.



Serve

Divide the **ciabatta halves** between your plates. Top the **base** half with a **goat's cheese mushroom**, then spoon over the **balsamic onions** and top with the **ciabatta lid**. Serve with the **wedges** and **rocket** alongside.

Enjoy!