



JUN  
2016

## Portobello Burgers

with Avocado, Caramelized Onions, and Spicy Mayo

Juicy portobellos are so hearty, they make the perfect vegetarian “burger”. Seared and finished with balsamic vinegar, these portobellos are served with caramelized onions, mashed avocado, and our favorite condiment: spicy mayo. A side salad rounds out this hearty summer meal.



Prep: 5 min  
Total: 25 min



level 1



veggie



nut free



dairy  
free



Portobello  
Mushrooms



Arugula



Roma Tomato



Yellow Onion



Avocado



Mayonnaise



Hot Sauce



Balsamic  
Vinegar



Hamburger Buns

## Ingredients

	2 People	4 People
Portobello Mushrooms	8 oz	16 oz
Arugula	2 oz	4 oz
Roma Tomato	1	2
Yellow Onion	1	2
Avocado	1	2
Mayonnaise	1) 2)	2 T
Hot Sauce 	2 t	4 t
Balsamic Vinegar	2 T	4 T
Hamburger Buns	3)	4
Olive Oil*	4 t	8 t

\*Not Included

## Allergens

- 1) Eggs
- 2) Soy
- 3) Wheat

## Tools

2 Small bowls, Large pan, Medium bowl

Ruler

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**Nutrition per person** Calories: 542 cal | Fat: 34 g | Sat. Fat: 4 g | Protein: 10 g | Carbs: 53 g | Sugar: 13 g | Sodium: 352 mg | Fiber: 9 g

1



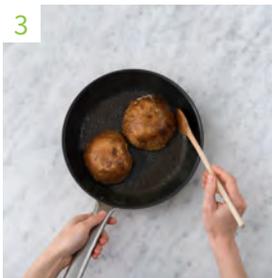
**1 Prep the veggies:** Wash and dry all produce. Peel the **onion**, then slice end-to-end into thin rings. Separate the rings. Thinly slice the **tomato** into rounds. In a small bowl, combine the **mayonnaise** and as much **hot sauce** as you like.

2



**2 Caramelize the onions:** Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onions** and cook, tossing for 4-5 minutes, until softened and slightly golden. Season with **salt** and **pepper**. Remove from the pan and set aside.

3



**3 Cook the Portobello caps:** Heat the same pan over medium heat. Rub the **Portobello caps** on each side with **olive oil** and season with **salt** and **pepper**. Add them to the pan and cook for 4-5 minutes per side, until very soft. Add **1 1/2 Tablespoons balsamic vinegar** to the pan (reserving the rest for the salad) for another minute, until the vinegar reduces by half. After tossing the Portobellos in the **balsamic glaze**, remove from the pan and set aside.

5



**4 Toast the buns:** Split the **buns**. Clean out the same pan and heat over medium-high. Add the buns to the pan cut-side down and toast for 3-4 minutes, until golden brown.

**5 Mash the avocado:** Halve, pit, and scoop the **avocado flesh** into a small bowl; mash with a fork and season to taste with **salt** and **pepper**.

**6 Finish and serve:** In a medium bowl, toss the **arugula** with a drizzle of **olive oil**, the remaining **balsamic vinegar**, and pinch of **salt** and **pepper**. Spread the **buns** with the **spicy mayo** and top with the **Portobello caps, tomato rounds, onions, and mashed avocado**. Serve the **arugula salad** to the side and enjoy!

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