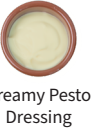
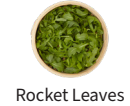
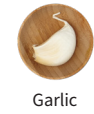




# Rosemary Mushroom Burger

with Creamy Pesto Dressing & Parmesan Crisps

Grab your Meal Kit  
with this symbol



Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Use nature's patties – large field mushroom cups – in place of meat to make these scrumptious veggie burgers. Give them a little brush with rosemary-infused oil and top them with oven-baked Parmesan crisps to create a dinner that's so much better than the local burger joint.

## Pantry items

Olive Oil, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper · Large frying pan.

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
rosemary	1 bunch	1 bunch
salt*	¼ tsp	½ tsp
tomato	1	2
brown onion	1	2
garlic	1 clove	2 cloves
field mushrooms	1 packet	2 packets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g
bake-at-home burger buns	2	4
rocket leaves	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3301kJ (788Cal)	545kJ (130Cal)
Protein (g)	20.9g	3.5g
Fat, total (g)	40.9g	6.8g
- saturated (g)	14g	2.3g
Carbohydrate (g)	75.7g	12.5g
- sugars (g)	20.9g	3.5g
Sodium (mg)	954mg	158mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into fries. Place on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **20-25 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time.

2



## Get prepped

While the fries are baking, pick and finely chop the **rosemary leaves**. Place the **rosemary** and the **salt** in a small bowl with a good drizzle of **olive oil**. Stir to combine. Thinly slice the **tomato**. Thinly slice the **brown onion**. Finely chop the **garlic**.

3



## Cook the mushrooms

Heat a large frying pan over a medium-high heat. Remove the stems from the **field mushrooms**, then brush the mushrooms all over with the **rosemary oil**. Add to the hot pan and cook, turning occasionally, until the mushrooms are soft and most of the liquid has evaporated, **15 minutes**. Transfer to a plate lined with paper towel.

**TIP:** Gently press down on the mushrooms with the back of a spatula while cooking to squeeze out excess liquid.

4



## Bake the parmesan crisps

While the mushrooms are cooking, place the **grated Parmesan cheese** in even circles (about the same size as your buns, one per person) on a second oven tray lined with baking paper. Bake until the cheese is golden and crisp at the edges, **8-10 minutes**. Remove from the oven and set aside - the crisps will harden as they cool.

**TIP:** Keep an eye on the crisps, they can burn quickly!

5



## Cook the onion

Return the frying pan to a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **onion**, stirring, until soft, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.

6



## Serve up

Cut the burger buns in half. Build your burgers with the rosemary mushrooms, onions, Parmesan crisps, tomato slices, **rocket leaves** and **creamy pesto dressing**. Serve the burgers with the fries.

## Enjoy!

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