



BBQ Mushrooms in a Bun

with Cheddar, Wedges and Tomato Salad

Calorie Smart 35 Minutes • 2 of your 5 a day • Veggie • Under 600 calories

23



Potatoes



Onion



Baby Gem Lettuce



Portobello Mushroom



Garlic Clove



Baby Plum Tomatoes



Flat Leaf Parsley



Cheddar Cheese



Red Wine Vinegar



BBQ Sauce



Glazed Burger Bun

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Frying Pan, Garlic Press, Grater and Bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Onion**	1	1	2
Baby Gem Lettuce**	1	1½	2
Portobello Mushroom**	2	3	4
Garlic Clove	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese 71**	60g	90g	120g
Olive Oil*	½ tbsp	1 tbsp	1 tbsp
Red Wine Vinegar 14)	2 sachets	3 sachets	3 sachets
Glazed Burger Bun 13)	2	3	4
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	607g	100g
Energy (kJ/kcal)	2458/587	405/97
Fat (g)	16	3
Sat. Fat (g)	7	1
Carbohydrate (g)	90	15
Sugars (g)	16	3
Protein (g)	21	4
Salt (g)	1.71	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.**



Get Prepped

Halve, peel and thinly slice the **onion**. Trim the root from the **baby gem lettuce**, reserve 2-3 whole leaves per person, halve lengthways, then thinly slice widthways. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and fry until golden and soft, 6-8 mins, stirring occasionally. While the **onion** fries, thinly slice the **mushrooms**, peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes** and finely chop the **parsley** (stalks and all). Grate the **cheese**.



Cook the Mushrooms

Once the **onion** has cooked, transfer to a bowl and pop your pan back on medium-high heat. Add another drizzle of **oil** and pop in the **mushrooms**. Season with **salt** and **pepper** and fry until golden brown, 6-8 mins. Don't stir too often to give them a chance to brown. **TIP: Cook the mushrooms in batches if necessary - you want them to fry, not stew. If cooking in batches, you may need to add more oil.**



Salad Time

Meanwhile, pop the **tomatoes**, **parsley**, **sliced baby gem**, **olive oil** (see ingredients for amount) and **half the red wine vinegar** into a bowl. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Mix together and set aside. Halve the **burger buns**.



Finish Up

Once the **mushrooms** are nicely browned (increase the heat if there's still some liquid in the pan and allow it to evaporate), add the **garlic** and cooked **onion** to the pan. Stir together and cook for 1 min. Add the remaining **vinegar** and allow it to evaporate, 1 min, then add the **BBQ sauce** and stir together so everything is well mixed. Remove from the heat. Taste and add **salt** and **pepper** if needed. Pop the **burger bun bases** onto a baking tray and sprinkle the bottom **buns** with **cheese**.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



Serve

Once your **potatoes** are ready, move the tray to the bottom shelf of your oven. Add the **burger bun tops** to the tray to warm through. Heat the grill to high. Pop the **cheese-topped burger bun bases** under the grill and cook until the **cheese** is bubbly, melted and golden, 2-3 mins. Remove from the grill, place 2-3 **baby gem leaves** onto the **cheese**, and divide the **mushroom mixture** between them, pop the **bun lids** on top. Serve the **mushroom buns** with the **wedges** and the **tomato salad** alongside.

Enjoy!