



Rosemary Mushroom Burger

with Sweet Potato Fries & Parmesan Crisps

Grab your Meal Kit with this symbol



Sweet Potato



Rosemary



Tomato



Brown Onion



Garlic



Field Mushrooms



Grated Parmesan Cheese



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Rocket Leaves

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	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g
bake-at-home burger buns	2	4
creamy pesto dressing	1 tub (50g)	1 tub (100g)
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3180kJ (759Cal)	501kJ (120Cal)
Protein (g)	23.3g	3.7g
Fat, total (g)	36.3g	5.7g
- saturated (g)	13.2g	2.1g
Carbohydrate (g)	78.0g	12.3g
- sugars (g)	21.6g	3.4g
Sodium (g)	949mg	150mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated 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** (or use a garlic press).



3. Fry 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 water 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 to squeeze out excess water.



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 Parmesan crisps will become crisp as they cool.

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



5. Fry the onion

Return the frying pan to a medium-high heat with the **butter** and a **drizzle** of **olive oil**. Add the **onion** and cook, 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 and spread the bases with **creamy pesto dressing**. Build your burgers with the rosemary mushrooms, sauteed onion, Parmesan crisps, tomato slices and **rocket leaves**. Serve the burgers with the fries.

Enjoy!