

PORTOBELLO BURGERS

INGREDIENTS

500g Mince

1 Red Onion, chopped

1 Egg, beaten

2 Tbsp Fresh Parsley

8 large Brown Mushrooms

1 Tomato, sliced

4 Tbsp Mayonnaise

To fry Olive Oil

To flavour Himalayan Salt

To flavour Black Pepper

8 leaves Baby Spinach

OPTIONAL:

1 med Chilli, chopped

METHOD

Chop the parsley finely.

Tip the burger ingredients into a large mixing bowl: mince, onion, parsley, eggs, salt and pepper (optional: chilli). Mix until well combined (you can use your hands). Shape into 8 burger patties. Heat a few glugs of olive oil in a large frying pan on medium to high heat. When the oil is hot, gently lay the burger patties in the pan and fry for about 6 to 8 minutes on each side until golden. Drain on paper towels and keep warm.

Turn the grill on in the oven. Place the mushrooms on a baking tray. Remove the stems and drizzle with olive oil. Season with salt and pepper. Grill for about 5 minutes on each side until done.

To serve, divide the mushrooms between the plates and top each with a burger patty, spinach leaf, slice of tomato and a dollop of mayonnaise.

You can also add some grated cheese for extra flavour.