



BBQ GLAZED PORTOBELLO BURGERS

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 940/SERVING



This simple, delicious recipe requires just a few ingredients but doesn't lack on flavour. These thick portobellos cook down to a more dense, meaty texture. We glazed the mushrooms in our favourite BBQ sauce for a delicious smokey taste!

WHAT YOU'LL NEED

- Large pan
- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings

4 servings

Fingerling potatoes	10 oz	20 oz
Portobello mushrooms	2-4	3-6
Burger buns	2	4
Shallot	1	2
Parsley	1/8 bunch	1/4 bunch
BBQ sauce	2 tbsp	4 tbsp
Cabbage slaw	1.5 cups	3 cups
Slaw dressing	2 tbsp	4 tbsp



Preheat oven to 425°F then prep ingredients: remove stems from **mushroom caps**, slice **potatoes** in half lengthwise, chop **parsley**, and thinly slice **shallot** into rings.



Put **potatoes** in a mixing bowl then drizzle with **oil** and sprinkle with **salt** and **pepper**. Add to a baking sheet with a silicone baking mat or lightly greased and bake for 25-30 minutes, flipping halfway through. In last 2 minutes, add **buns** to the oven and toast.



Meanwhile, heat a large pan over medium heat then add a 1 tsp of **oil** (2 tsp for 4 servings). Once hot, lay **mushroom caps** into pan, face side down. Fry for 5-7 minutes, then flip and brush cooked side with **BBQ sauce** onto each cap. Continue flipping and glazing every 5-7 minutes, making sure each cap is fully coated, until caramelized on both sides and cooked through.



When ready to serve, combine **slaw** and **dressing** in a bowl.

Toss **roasted potatoes** with the **chopped parsley** and adjust seasoning if necessary.



Top each **bun** with **slaw**, **shallot rings**, and **mushrooms** (add a second cap if small).

Nutrition Facts		Valeur nutritive	
Per Serving (881 g)			
pour 1 (881 g)			
Calories 940	% Daily Value*		
		% valeur quotidienne*	
Fat / Lipides 21 g			28 %
Saturated / saturés 2.5 g			13 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 176 g			
Fibre / Fibres 22 g			79 %
Sugars / Sucres 25 g			25 %
Protein / Protéines 25 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 770 mg			33 %
Potassium 3250 mg			69 %
Calcium 150 mg			12 %
Iron / Fer 8 mg			44 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			