

Recipe: Shrooms Burger (V)

Main dish

Shiitake mushroom burger topped with oregano, cucumber, tomatoes and cucumber.

Preparation time: 15 minutes

Cooking time: 25 minutes

Serves 12 children

Ingredients

- 90ml blended canola oil*
- 750g shiitake mushroom
- 180g onions
- 35g garlic, minced
- 1½ teaspoon chilli powder
- 1 teaspoon salt
- 1½ teaspoon black pepper
- 1½ teaspoon oregano
- 150g wholemeal flour*
- 3 eggs, beaten
- 600g lettuce, sliced
- 300g tomato, chopped
- 1 no of cucumber, sliced
- 12 wholemeal burger buns (small)*



* Choose products with the Healthier Choice Symbol

Methods

1. Heat up pan with 15 ml oil and add mushrooms and stir fry till fragrant. Add onions and garlic and fry for another minute then season with salt, black pepper, chilli powder and oregano.
2. Cook the mushroom mixture for a further 10 minutes until dry.
3. Transfer cooked mushroom mixture to cutting board and chop into small chunks and let it cool.
4. Mix wholemeal flour, mushroom mixture and eggs in a large bowl.
5. Moisten hands with a little oil, pick up ¼ cup of mixture, and form into burger patty.
6. Heat up the pan with 15 g oil and pan-fry mushroom burger patty on both sides for 5 minutes, until browned. Repeat for rest of the patties.
7. Serve mushroom burger patty with wholemeal burger bun and vegetables.

Tips:

- It is recommended to use mini wholemeal burger buns which are cheaper and the right size for a young child.
- As this is a vegetarian dish, no meat is used. To increase protein content of the meal, serve this with healthier choice soya bean milk.

Nutrition Information

(Per serving): 235 g

Energy 303 kcal

Protein 10.5 g

Total fat 10.8 g

Saturated fat 2.7 g

Carbohydrates 38.3 g

Dietary fibre 5.9 g

Sodium 462 mg

Cost Per Serving: \$ 1.00