



Asian mushroom burger

30'
Hands on

15'
Cook Time

6
Portion(s)

2
Difficulty



Ingredients

For the mushroom burgers

- 2 onions
- 1 tablespoon(s) thyme
- 1 teaspoon(s) rosemary
- 3-4 tablespoon(s) olive oil
- 800 g wild mushrooms, king oyster
- 1 pinch chili flakes
- lemon zest, of 1 lemon
- salt
- pepper
- 2 tablespoon(s) sesame oil
- 50 g soy sauce
- 1 egg, medium
- 100-150 g panko breadcrumbs
- 100 g cheddar, grated
- 300 ml sunflower oil

For the breading

- 100 g all-purpose flour
- 100 g panko breadcrumbs
- 2 eggs
- salt
- pepper

To assemble

- 6 [burger buns](#)
- 100 g [BBQ sauce](#)
- 6 slices cheddar
- 1 tomato
- iceberg lettuce
- [pickled cucumber](#), cut into slices

To serve

- [French fries](#)

Method

For the mushroom burgers

- Place a [frying pan](#) on heat and add the olive oil.
- Finely chop the onion and add it to the frying pan. Add the thyme, the rosemary, and sauté well.
- Cut the mushrooms into 1 cm small cubes and add them to the pan. Add the chili flakes, the lemon zest, salt, pepper, and sauté for 5-7 minutes until they lose their water and caramelize. Set aside to cool.
- Add the mushroom mixture into a bowl, add the sesame oil, the soy sauce and mix with a spoon. Ideally, you should allow 3-4 minutes for them to be marinated.
- Add the egg, the panko breadcrumbs, the cheddar, and mix very well until you can shape a burger.

For the breading

- Place a deep frying pan with sunflower oil over medium heat.
- In a bowl add the flour, in another bowl add the panko, and in a third bowl add the eggs with salt and pepper. Whisk well until the eggs are blended.
- Dip the burgers alternatively into the flour, the eggs, the panko, and fry them in batches for 3-4 minutes on each side.
- Alternatively, bake them in the oven at 200° C (390° F) for 15-20 minutes.

To assemble

- Spread the bbq sauce over the burger buns, put the patty on top, then the cheese, 1 tomato slice, 1 iceberg lettuce leaf, and cover with the top bun.
- Add the pickled cucumber on top and serve with French fries.

Διατροφικός πίνακας

Nutrition information per portion

783 Calories (kcal)	39.0 Total Fat (g)	12.0 Saturated Fat (g)	78.0 Total Carbs (g)
39%	56%	60%	30%
13.0 Sugars (g)	29.0 Protein (g)	6.0 Fibre (g)	3.9 Sodium (g)
14%	58%	24%	65%