



Mushroom and cheese stuffed burgers

20'
Hands on

15'
Cook Time

6
Portion(s)

2
Difficulty



Ingredients

- 100 g dry breadcrumbs
- 10 champignon mushrooms
- 1 kilo ground beef, lean
- 1 egg, medium
- 2 tablespoon(s) parsley, finely chopped
- 2 teaspoon(s) paprika, hot
- 2 teaspoon(s) worcestershire sauce
- 1 tablespoon(s) olive oil
- salt
- 100 g mozzarella, light grated

To serve

- rocket
- cabbage, red
- cherry tomatoes
- olive oil
- lemon juice, of 1/2 lemon

Method

- Preheat oven to 200* C (390* F) Fan.
- In a food processor, beat the breadcrumbs and half of the mushrooms, until you create a mixture that resembles wet sand.
- Transfer to a large **bowl**.
- Add the ground meat, egg, parsley, paprika and worcestershire sauce.
- Mix thoroughly with your **hands**, until all of the ingredients are completely combined.
- Thinly **slice** the remaining mushrooms.
- Place a **pan** over medium heat, add the olive oil and let it get hot.
- Add the mushrooms and sauté for 3-4 minutes, until they soften.
- Transfer to a separate bowl and season with salt.
- Cut the cheese into 2x2 cm cubes and add them to the bowl with the mushrooms.
- Mix well and divide the mushroom mixture into 6 portions.
- Pick up 1/6 of the ground meat mixture and knead it around a portion of the mushroom filling with your hands. You want the filling to be in the center of the burger so that it doesn't show on the exterior.
- Repeat the same process until you have made 6 stuffed burgers.
- Transfer to a 30x20 cm **baking pan** lined with parchment paper, leaving space between them.
- Bake for 15 minutes.
- In a bowl, combine the rocket leaves, red cabbage, cherry tomatoes, olive oil and lemon juice.
- **Serve** with stuffed burgers.

Διατροφικός πίνακας

Nutrition information per portion

372 Calories (kcal)	15.0 Total Fat (g)	5.7 Saturated Fat (g)	14.0 Total Carbs (g)
19%	21%	29%	5%
1.7 Sugars (g)	45.0 Protein (g)	1.6 Fibre (g)	1.2 Sodium (g)
2%	90%	6%	20%