



🕒 Approximately **40 min**

🔥 **321 kcal** p.p.

👤 **4 persons**

WHAT YOU NEED

- Portobello mushrooms: 4 pcs
- Beetroot: 600 g
- Avocado: 1 pcs
- A box of 4 eggs: 1 pcs
- Mini romaine: 2 pcs
- Slicing cucumber: 1 pcs
- Tomatoes: 300 g

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Rapeseed oil: 125 ml
- Garlic cloves: 2 pcs
- Flour, any: 4 tbsp.
- Balsamic vinegar: 4 tbsp.
- Lemon juice: 2 dash
- Maple syrup: 1 tsp.

ALLERGENS



PORTOBELLO BEETROOT BURGERS WITH FRESH SALAD

PORTOBELLO MUSHROOMS AND BEETROOT PATTIES

- Preheat the oven to 190°C (fan). Clean the Portobello mushrooms and trim the stems. Drizzle each with 1 tbsp. balsamic vinegar and sprinkle with a pinch of salt. Add them to a lined baking tray and bake them for approx. 20 min. until browned and softened. Alternatively, you can fry them on both sides in a pan.
- Wash and scrub the beetroots. Shred into a bowl. Combine with 1 egg and flour. Season with a pinch of salt. Form into each 1 patty per person. Heat some olive oil in a large pan and carefully add the patties. Slightly press on with a spatula. Fry for 7 min. per side on medium heat.
- Pit and peel the avocado. Add avocado and a dash of lemon juice to a bowl and mash with a fork. Season with a pinch of salt.

EGGS, MAYONNAISE AND SIDE SALAD

- In a smaller pot, bring water to a boil. Add two eggs and cook them for 6:30 to 7 minutes. Drain them afterwards and briefly rinse them under ice-cold water. Peel and halve them afterwards.
- For the mayonnaise, add 1 egg, 125ml rapeseed oil, peeled garlic and a pinch of salt to an immersion blender cup. Place the hand-held blender on the bottom of the blender cup. Pulse until mayonnaise forms and slowly lift the head of the blender. When the mayonnaise is firm enough, season to taste with a pinch of salt. Keep in the fridge until serving.
- Clean the mini romaine salad and cut into 1 cm thin strips. Wash and cube slicing cucumber. Wash and quarter cherry tomatoes. Combine in a bowl and drizzle with some olive oil, a dash of lemon juice and maple syrup. Season with a pinch of salt.

SERVING

- Add the Portobello mushrooms to plates and top each with a beetroot patty. Spread with mashed avocado. Serve with side salad and the soft-boiled egg.