



"Every family has one"
HUGH HAMILTON
— McLAREN VALE —

MUSHROOM BURGERS WITH ROSEMARY MAYO

INGREDIENTS

Burgers

- 4 medium portobello mushroom caps, gills removed, chopped
- 1/2 cup walnuts
- 1 clove garlic
- 1/4 cup Chopped red onion
- 3 green onions, chopped
- 2 tsp. rice wine vinegar
- 1 cup cooked quinoa
- 1/2 cup cornstarch
- Whole-grain burger buns
- Sprouts
- Lettuce
- Sliced tomatoes

Rosemary Mayo

- 1/2 c. mayonnaise
- 1 tsp. finely chopped fresh rosemary
- 1 tsp. lemon juice
- Salt

METHOD

- Preheat oven to 190°. In a shallow baking dish, toss mushrooms with walnuts, garlic, 1 tablespoon oil, 3/4 teaspoon salt, and 1/4 teaspoon pepper; spread in even layer. Bake 20 minutes or until mushrooms are tender. Set aside to cool. Turn oven off.
- In food processor, pulse mushroom mixture, red onion, green onions, and vinegar until mostly smooth, scraping side of bowl if necessary. Transfer mixture to a large bowl and stir in quinoa and cornstarch until well-blended. Cover bowl with plastic wrap and refrigerate 2 hours.
- Preheat oven to 190°. Line baking sheet with foil. Form mixture into 5 patties (1cm thick and 8cm wide). In nonstick pan, heat remaining 1 tablespoon oil on medium. In 2 batches, cook patties 5 minutes or until well-browned, turning over once. Transfer seared patties to prepared baking sheet. Bake 10 minutes or until hot in centers.
- Meanwhile, combine mayonnaise, rosemary, lemon juice, and a pinch of salt. Keeps up to 5 days, refrigerated.
- Serve burgers on buns with Rosemary Mayo, garnished with sprouts, lettuce, and tomato. finish roasting.



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