MUSHROOM BURGER WITH SWEET POTATO CHIPS

Courtesy of: Vicki Ma

Ingredients:

8 large portabella mushrooms (stalks removed)
1 medium size carrot, grated
2 cups of mixed baby spinach and rocket
1 medium size avocado, sliced thinly
1 tomato, sliced
1 packet of haloumi, sliced thinly into 12 pieces
1 large sweet potato, washed
olive oil spray
salt and pepper to taste

Method:

1. To make the sweet potato chips, preheat oven to 200 ºC. Slice the sweet potato into wedges. Add to baking tray that has been lined with baking paper. Spray with oil and season with salt and pepper. Bake in the oven for approximately 20 minutes or until golden brown.
2. To make the mushroom burgers, heat a non-stick frying pan over low-medium heat. Spray mushroom with oil and place in the frying pan. Cook for approximately 5 -10 minutes and then flip it to cook the other side.
3. Once the mushrooms are done, remove them and set aside on a plate. Then add the sliced haloumi to the frying pan. Turn after approximately 1 minute and cook for a further minute on the other side.
4. Take one mushroom and turn it upside down. Add handful of baby spinach and rocket, followed by grated carrot, sliced tomato, avocado and haloumi then another mushroom as the top of the bun. You can insert a toothpick in the centre of the burger to hold everything together. Serve immediately with a side of sweet potato chips.

Nutrition Information
Serves 4 people.

Nutrient	Per serve
Energy	2089 kJ
Protein	27.5 g
Fat	26 g
Saturated Fat	12.2 g
Carbohydrate	30.6 g
Sugars	14.7 g
Fibre	10.6 g

HOT TIPS

Mushrooms instead of burger rolls are a great way to increase your vegetable intake for the day. Did you know placing your mushies in this sunshine can increase their Vitamin D profile?