

mushroom burgers

preparation: 20 minutes cooking: 30 minutes serves: 4



½ cup olive oil
 750g cup mushrooms, thinly sliced
 4 green onions, thinly sliced
 2 garlic cloves, crushed
 1 tsp ground cumin
 2 cups fresh breadcrumbs
 1 egg
 salt & ground black pepper, to taste
 4 hamburger buns, halved
 watercress sprigs, trimmed, washed & dried, to serve
 whole egg mayonnaise, to serve

1. Heat 2 tbs oil in a large frying pan over medium heat. Add the mushrooms, green onions, garlic & cumin & cook, stirring occasionally, for 2-3 minutes or until the mushrooms are just tender. Increase the heat to medium-high & cook, stirring occasionally, for a further 10-12 minutes or until the pan juices evaporate. Set aside for 5 minutes.
2. To make the burgers, place ½ the mushroom mixture into a food processor & process until smooth & pureed. Transfer the pureed mixture to a large heatproof bowl.
3. Add the remaining cooked mushrooms, breadcrumbs, egg & salt & pepper to the pureed mushrooms. Mix well to combine. Evenly shape the mixture into 4 patties, about 8cm in diameter & 2cm thick.
4. Heat the remaining oil in a large non-stick frying pan over medium heat. Add the patties & cook for 4-5 minutes on each side or until cooked through. Remove & set aside to drain on paper towel.
5. Meanwhile, toast the hamburger buns until golden.
6. To serve, place the toasted bun bases onto serving plates, top each with watercress sprigs, a patty & mayonnaise. Season with salt & pepper & top with the remaining bun tops. Serve immediately.

Variation: Add 2 tsp Worcestershire sauce to the patty mixture with the breadcrumbs. Serve the burgers with hummus instead of mayonnaise.