PORTOBELLO MUSHROOM NO BUN BURGER

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

4 large portobello mushrooms
1 red onion, thinly sliced
 Goats cheese (feta, halloumi, Emmental or cheddar are brilliant too)
1tbsp Maple syrup
1tbsp balsamic vinegar
Garnish
Cherry tomatoes
Sliced or smashed avocado
Green pesto
Wilted spinach
Sesame seeds
To accompany:
Large mixed salad
Quinoa
Chickpea salad

PREP TIME

 Prep time: 5 mins
Cook & assemble time: 2o mins

METHOD

- BBQ or griddle the portobello mushrooms on both sides
- To a medium hot frying pan add a knob of butter and melt
- Then add the red onions, maple syrup and balsamic vinegar
- Stir well and regularly until onion are caramelised (5-10mins)
- In the meantime, wilt some spinach and smash an avocado
- Slice cheese
- When portobello mushrooms are ready, get ready to assemble
- I like to do the following: mushroom, avocado, goats cheese, red onions, green pesto and finish with mushroom
- Top with sesame seeds....just for that burger look!