

# Mushroom Burgers



## **Ingredients**

4 large Portobello mushrooms

1/2 cup finely chopped broccoli

1/3 cup fresh basil, finely chopped

4 cloves garlic, minced

1/3 cup red onion, minced

2 large eggs, beaten

1 cup grated parmesan

1/2 cup breadcrumbs, plus 2 tbsp extra (use low GI bread like grain breads or sourdough for these to create a healthy carb low GI meal)

1/2 tsp black pepper

## **Method:**

1. Use a spoon to gently scrape the gills from the underside of the Portobello mushroom cap and discard.

2. Chop the mushrooms into small pieces and sauté in a little olive oil for 5-7 minutes or until browned. Drain off excess liquid and place in a mixing bowl.
3. Add the broccoli, onion, garlic, basil, eggs, parmesan, breadcrumbs, salt and pepper. Mix until well combined.
4. Scoop a 1/2 cup of mixture into the palm of your hand and gently shape into a burger. The mixture should hold a burger shape. If it doesn't, just add a tbsp more breadcrumbs. Place on a plate and repeat with the remaining mixture until you have four burger patties.
5. Place a medium non-stick pan over medium heat and add enough oil to coat the bottom of the pan. Once the oil starts to shimmer, cook the burgers, 2 at a time, for 3-5 minutes per side or until golden brown and a crust has formed on each side.
6. Place the mushroom burger patties onto the buns and serve with your choice of fillings.