

Antonella's Kitchen

taste the culture!



Mushroom mini-burger

Batch cooking

prep. time 40 minutes

Ingredients

- 400 gr -11 oz mushrooms
- 1 medium grated carrot
- 1 tbsp milk
- 1 tbsp flour
- 1 boiled egg
- Breadcrumbs – enough for coating plus 1 tbsp
- 1 beaten eggs
- 1 clove of garlic
- Parsley – you can use fresh chopped parsley or the dry one
- Oil
- Salt and pepper

Method

1. Clean the mushroom - cut the nasty bits off – and slice them
2. Brown the garlic in a frying pan. When ready, add the mushrooms. Stir.
3. Sprinkle with parsley and seasoning. Cook the mushrooms. When ready add the milk and the flour. Stir and let cool off.
4. Crumble the boiled egg into a bowl, then add the mushrooms. Mix.
5. Add 1 tbsp of breadcrumbs and the grated carrot. (if the mixture is too watery, add more breadcrumbs). Mix.
6. Using a table spoon, scoop a small amount of the mixture and shape it into a mini-burger using your hands. Repeat until you've used all the mixture
7. Roll each ball into the beaten egg and then into the bread crumbs. Repeat until all the mini-burgers have all been coated.
8. Warm a little bit of oil in a frying pan, cook the mushroom mini-burgers. Serve with fresh salad.

Notes _____
