



## Mushroom Lamb Burger

Toppings can be customized to give the burger different flavor profiles. Also, a variety of mushrooms can be used just be aware of flavor differences.

### U.S.

#### *For Mushroom Filling:*

1 lb	White or Crimini Mushrooms, diced small
2 Tbsp	Olive Oil
1/8 tsp	Salt, kosher
To taste	Black Pepper, ground

### Metric

910 g
59 mL
.75 g
To taste

#### *For the Burger:*

16 oz	Lamb, ground	466.13 g
8 oz	Mushroom Filling (see above)	220 g
1/8 tsp	Salt, kosher	.75 g
1/2 tsp	Black Pepper, ground	.3 g
1/2 tsp	Worcestershire sauce	3 mL
1/2 cup	Parsley, fresh, chopped	30 g
1 each	Egg, large	1 each
1 Tbsp	Olive Oil, for the pan	15 mL

#### *To assemble each burger:*

1/3 cup	Basil-Avocado Pesto (see recipe)
1/2 cup	Caramelized Onions (see recipe)
1 cup	Baby Arugula
5 each	Whole Wheat Bun
4 oz	Mozzarella, fresh, sliced

### **Preparation:**

#### *For the Mushroom Filling:*

1. Gather all ingredients and equipment. Preheat oven to 400°F (205°C).
2. In a medium sized bowl, mix mushrooms, olive oil, 1/8 tsp salt and black pepper together.
4. Line a baking sheet with parchment paper. Place mushrooms in a single layer on the baking sheet and bake in the oven for 20 minutes. Stir every 5 minutes.
5. Allow mushrooms to cool for about 5 minutes. In a food processor fitted with a steel blade, process mushrooms until they are finely chopped, but not pureed. You may need to scrape down the sides of the food processor with a rubber spatula as you go.

#### *For the Burgers:*

1. In a large bowl, mix the lamb, 8 oz of mushroom mixture (this should be about all of it), 1/8 tsp salt, 1/2 tsp black pepper, worcestershire sauce, parsley, and egg together.
2. Form five, 5 ounce patties and place on a baking sheet lined with parchment paper. Place in the refrigerator to cool for 15 minutes.
3. Preheat a large skillet to medium-high heat. Add 1 Tbsp of olive oil.
4. Once the oil is hot and coats the entire pan, start cooking the patties. Approximately 4 minutes on each side or until they are an internal temperature of 165°F (74°C). When the burgers are almost done cooking, top with the mozzarella and cover the pan with a lid for 1-2 minutes to allow the cheese to melt.
5. Finish assembling the burgers, and serve.

**\*\*Nutrition information on reverse**

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## Nutrition Facts

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5 Servings

**Serving size**                      **1 burger**

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**Amount per serving**

**Calories**                              **500**

Calories from Fat                      250

**Total Fat**                              28 g

    Saturated Fat                        7 g

    Trans Fat                              0 g

    Monounsaturated Fat                11 g

**Cholesterol**                          105 mg

**Sodium**                                510 mg

**Total Carbohydrate**                33 g

    Dietary Fiber                        7 g

    Total Sugars                         6 g

        Includes 0g Added Sugars

**Protein**                                35 g

Vitamin D                                11 %

Calcium                                  10 %

Iron                                        20 %

Potassium                                900 mg

Phosphorus                               350 mg

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