

Mushroom Lamb Burger



Ground lamb joins forces with meaty, umami-rich mushrooms to make a flavor packed patty that's a fun twist for your next burger night.

YIELD 5 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 65 MIN
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INGREDIENTS

For the Mushrooms:

12 oz	Cremini Mushrooms, halved or quartered
2 cloves	Garlic, roughly chopped
2 tsp	Olive Oil
1/8 tsp	Kosher Salt
To Taste	Black Pepper, ground

For the Burger:

1 lb	Lamb, ground
1 large	Egg
1 tsp	Worcestershire Sauce
1/2 cup	Parsley, fresh, chopped
1/8 tsp	Kosher Salt
To Taste	Black Pepper, ground
1 Tbsp	Olive Oil

CHEF'S NOTES

Use this recipe as a template - the seasonings and toppings can be customized to give the burgers a different flavor profile. Try feta cheese and roasted red peppers for quick and easy Mediterranean flair.

To Assemble Each Burger:

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

DIRECTIONS

1. Gather all necessary equipment and ingredients. Line a half sheet tray with parchment paper. Set aside.
2. Make the Mushrooms: In a food processor, add the mushrooms and garlic. Pulse until the mushrooms are finely chopped.
3. Heat a large sauté pan over medium high heat. When hot, add 2 tsp oil then the mushroom mixture. Allow to cook until the mushrooms start to release their liquid, stirring occasionally, about 3-5 minutes.
4. Add the salt and pepper to the mushroom mixture and continue to cook until the mixture becomes mostly dry, about 3-5 more minutes. Remove from the heat and set aside to cool.
5. Make the Burgers: In a large mixing bowl, mix the lamb, egg, Worcestershire sauce, parsley, salt, and pepper and the cooled mushrooms together until well blended.
6. Form the burger mixture into 5 patties (each about 5 oz) and place on the prepared sheet tray. Place in the refrigerator to firm up, about 10 minutes.

7. Heat a large sauté pan over medium-high heat. Add 1 Tbsp oil, swirl to coat the bottom of the pan, then place the burger patties in an even layer. If needed, do multiple batches of burgers to avoid overcrowding the pan.
8. Cook until they reach an internal temperature of 160°F, about 4-5 minutes on each side. Adjust the heat as needed to prevent burning.
9. Assemble the burgers: Remove the pan from the heat and top each burger with ½ oz. mozzarella cheese. Allow the burgers to rest and the cheese to melt, about 5 minutes.
10. Toast the buns under the broiler then spread 1 Tbsp Avocado Basil Pesto on each top bun. Place 2 Tbsp Caramelized Onions on each bottom bun. Place the burgers on the bottom bun then top with ¼ cup arugula and the top bun. Use toothpicks to secure, as needed.

Nutrition Facts	
5 servings per container	
Serving Size	1 burger (303 g)
Amount per serving	
Calories	540
	% Daily Value *
Total Fat 34g	44%
Saturated Fat 12g	62%
Trans Fat 1.5g	
Cholesterol 115mg	38%
Sodium 520mg	23%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 29g	57%
Vitamin D 0.26mcg	0%
Calcium 80mg	6%
Iron 3mg	19%
Potassium 500mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe adapted from *Health meets Food*, “Mushroom Lamb Burger” (3/22/18)

