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Portobello Mushroom Burgers [1]

Portobello Mushroom Burgers

- [Review](#) [1]
- [24 Made it](#) [2]
- [26 Love it](#) [3]
- [share](#)
- [save](#) [4]
- [print](#) [5]

Ingredients

1 large egg
2 cloves of garlic
1 lemon
1 level teaspoon of Dijon mustard
Salt and black pepper
Olive oil
Balsamic vinegar
4 large portobello mushrooms
2 large red onions
1-2 tablespoons of brown sugar
4 large rustic bread rolls
Rocket
4 ripe tomatoes
4 slices of Maasdam cheese*
1 avocado
Servings
4
Person

Preparation

- **1**
Whisk the egg yolk with 2 tablespoons of lemon juice, the dijon mustard and a clove of crushed garlic. Gradually add 3-4 tablespoons of olive oil, whisking continually, until the aoli is thick and smooth. Season to taste with salt, cover and chill.
- **2**
Stir together 4 tablespoons of balsamic vinegar and 2 tablespoons of olive oil, seasoned with salt and black pepper. Wipe the mushrooms and then marinade them in the oil and vinegar.
- **3**
To caramalise the onions, peel and finely slice the onions and saute gently in 2 tablespoons of olive oil for 10 minutes, stirring occasionally. Stir in 2 tablespoons of balsamic vinegar and the sugar and continue to cook very gently for 15 minutes.
- **4**
Place the marinated mushrooms upside down under a hot grill for 2-3 minutes, then turn them over. Grill for another 2 minutes then place a slice of cheese on top and grill very briefly to melt it. Meanwhile, split and lightly toast the rolls.
- **5**
Wash the rocket, thinly slice the tomatoes then peel and slice the avocado.
- **6**
Spread aoli on the bottom of each roll then add rocket and sliced tomato. Place a mushroom and cheese on the top and then add a generous spoonful of caremelised red onion and a few slices of avocado before adding the top of the bread roll.

Cooks Note

These delicious and satisfying mushroom burgers, with lots of tasty additions, make a fantastic meat free alternative.

*Emmenthal, or any other cheese with a mild, nutty flavour, works well too.

Choose a cheese suitable for vegetarians if preparing these burgers as a vegetarian dish.

- Tags:
 - [recipes](#) [6]
 - [Vegetarian](#) [7]
 - [liz robb](#) [8]
 - [Burgers](#) [9]
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- [4] <https://www.expatswoman.com/ewfood/printpdf/8504>
- [5] <https://www.expatswoman.com/ewfood/print/8504>
- [6] <https://www.expatswoman.com/ewfood/tags/recipes>
- [7] <https://www.expatswoman.com/ewfood/tags/vegetarian>
- [8] <https://www.expatswoman.com/ewfood/tags/liz-robb>
- [9] <https://www.expatswoman.com/ewfood/tags/burgers>