

INGREDIENTS

1 pack Garden Gourmet Sensational Burger

100 g young spinach

1 large carrot

4 large portobello mushrooms

1 avocado

Salt

Pepper

2 roasted peppers (ready-made pot)

1 package of alfalfa sprouts

½ cucumber

1 lime

1 tbsp vegan (soy) yogurt

2 sprigs of mint

Sunflower oil

Sesame seeds (optional)

 2 SERVINGS

 35 MIN

 INTERMEDIATE

It looks identical to a burger, but we sneaked in a little healthy secret... It is not a regular bun, it is a Portobello mushroom with vegan Garden Gourmet Sensational Burger inside!

PREPARATION

1. Deep fry carrot slices until golden brown

Peel and thinly slice the carrot and deep fry it in a pan (or in a deep fryer at 170 °C) until it becomes golden brown. Drain with kitchen paper.

2. Prepare the veggies

Cut the roasted peppers into strips and pat dry. Slice the avocado flesh and sprinkle with lime juice.

3. Make cucumber yoghurt sauce

Finely grate the cucumber, squeeze out the moisture and mix with the soy yoghurt and chopped mint.

4. Remove the stalk and scrape the slats from the portobellos. Fry them on medium heat on both sides for about 5 minutes in some oil.

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5. Cook Garden Gourmet Sensational Burgers

Cook Garden Gourmet's Sensational Burgers in a frying pan according to the instructions on the package.

6. Assemble your Portobello burger and enjoy!

Put the pepper strips and avocado on two Portobello bases. Add spinach leaves, alfalfa and the burger patties on top. Spoon the yoghurt mixture on the burgers and garnish with a tuft of fried carrot. Place the portobello 'lid' on top and sprinkle with sesame seeds.

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