

BUNLESS PORTOBELLO MUSHROOM BURGER



LifeShape Clinic

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INGREDIENTS (SERVES 2)

4 Portobello mushrooms
2 x Zesty Beef Patties,
cooked
Pinch of mixed herbs
1 tsp sesame seeds
Handful salad leaves
1 tomato, sliced
Guacamole
1/2 avocado
Juice of 1 lime
1 crushed garlic clove
Pinch of paprika
Pinch of sea salt

METHOD

1. Preheat oven to 180°C.
2. Remove the stalks from mushrooms and sprinkle with herbs. Place on a non-stick tray and bake in the oven for 15 minutes.
3. Meanwhile, mash the guacamole ingredients until combined well.
4. To serve, start with a mushroom cap, top with salad, tomato, beef pattie and a dollop of guacamole. Top with another mushroom cup and sprinkle with sesame seeds.

TIP

Find the recipe for Zesty Beef Patties on page 120 of your LifeShape *Eat Well, Live Well* Cookbook.

Nutrition Guide

PER SERVE

Energy (cal)	387cal
Protein	29.7g
Fat	19.7g
Saturated Fat	5.2g
Carbohydrate	10.9g
Sugar	6.2g
Sodium	336mg
Fibre	10.8g

RECIPE VARIATION

1200
Lunch Requirement: 270 - 300 cal
Meets Requirements: No
Recommendations: Swap guacamole for 1tbs (per burger) of low fat cottage cheese
Total Meal Calories: 305 cal

1500
Lunch requirement: 370 - 400 cal
Meets requirements: Yes
Total meal calories: 387 cal

For more recipes, visit lifeshapeclinic.com.au



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