

# Other

## AVOCADO MUSHROOM "BURGER"



### Ingredients

#### Burger patty

- 500 g lean beef mince
- 1 large ripe avocado, mashed
- 15 ml lemon juice
- 1 clove garlic crushed
- 1 chilli, deseeded and chopped (optional)
- ½ teaspoon cumin powder
- ½ cup fresh bread crumbs
- 1 egg, slightly beaten
- Salt and pepper

#### To serve

- Giant mushrooms
- 1 tablespoon olive oil
- 1 ripe avocado
- Tzatziki
- Beetroot salad

### Preparation

1. Place all the patty ingredients into a bowl, and combine well.
2. Shape into burger patties and place on a greased tray, cover and refrigerate for 1 hour or until needed
3. To cook, grill until golden brown.
4. Brush mushrooms with avo oil, season and grill until cooked through

To serve top mushrooms with diced avocado and the patty, serve with beetroot salad and tzatziki

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