Haloumi
and mushroom burgers

15m Preparation Time | **10m** Cooking Time | **4** Serves

Ingredients:

- 1 tablespoon olive oil
- 8 large field mushrooms
- 250g haloumi, sliced into 4 pieces
- 1 large avocado
- Juice ½ lemon
- 2 beetroots, peeled, grated
- 2 tomatoes, sliced
- 2 tablespoons mayonnaise
- 50g rocket

Method:

- Heat 1 tablespoon of olive oil in a large fry pan over medium heat. Add field mushrooms to the pan and cook for 5-7 minutes, turning once, remove from pan.
- Heat another fry pan over medium heat. Cook haloumi for 3 minutes, turning once.
- Mash avocado with lemon and season with salt and pepper.
- Divide avocado evenly between mushroom bases and top each with haloumi, beetroot, tomato, mayonnaise, rocket and another mushroom top side facing up.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – **www.thinkpei.com.au**

Nutrition:

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	1587kJ	582kJ
Protein	16g	6g
Fat total	30g	11g
Saturated fat	10g	4g
Monounsaturated fat	13g	5g
Polyunsaturated fat	5g	2g
Trans fat	0.26g	0.09g
Very long chain N3 fatty acids	0.03g	0.01g
Carbohydrates	7g	3g
Sugars	7g	2g
Fibre	7g	2g
Sodium	1895mg	695mg

Notes

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