



NUTRITION *per serving* 98g carbohydrates 36g fat 38g protein 1012mg sodium | vegetarian, soy-free, nut-free



Calories
825



Prep & Cook Time
45-55 min.



Cook Within
7 days



Difficulty
Expert



Spice Level
Not Spicy

IN YOUR BOX

- 12 oz. Sweet Potato
- 1 Roma Tomato
- 4 Portobello Mushrooms
- 2 ½ oz. Shredded Mozzarella
- 8 oz. Canola Oil
- 4 oz. Liquid Egg
- 3 oz. Panko Breadcrumbs
- ½ oz. Baby Arugula
- 2 Brioche Buns

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Small Pot
- 2 Small Bowls

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HOME CHEF

Crispy Cheese Stuffed Portobello Burger

with sweet potato cottage fries

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- If your **portobello** breaks or cracks while scooping out gills, piece it back together, and cook it in **microwave** per directions. Make sure to get a thick coating of **breadcrumbing** on it.
- Press **portobellos** together tightly. The **mozzarella puck** should be smaller in diameter than the **portobellos**.
- Double breadcrumbing ensures **cheese** doesn't leak out of **mushrooms**.

FROM THE CHEF

When cleaning the portobello, we recommend holding it in one hand and a spoon in the other. Using the spoon's edge, scrape the gills off of the mushroom. Be gentle, as mushrooms can break!

If you don't have a microwave, you can also pan-steam the portobellos. Add mushrooms to a large pan over medium high heat with 3 Tbsp. water, cover, and steam for 4-5 minutes. Once tender, drain in a colander and dry thoroughly with a paper towel.

Did you know...

One portobello mushroom has more potassium than a banana.



Prepare the Ingredients

Cut **sweet potato** into ¼" slices. Slice **Roma tomato** into six ¼" rounds. Using a spoon, scoop out black undersides (gills) of **portobello mushrooms**. Place **sweet potato slices** on baking sheet, drizzle with **olive oil**, and season with ¼ tsp. **salt** and a pinch of **pepper**. Roast in oven 20 minutes, or until tender and deep golden.



Bread the Burgers

Heat **canola oil** in a small pot over medium heat. Set up a breading station by placing **liquid eggs** and **panko** into separate small bowls. Dip **portobello burger** into egg, then into panko. Dip in egg again, and then in panko again. Repeat with remaining burger. *Use extra panko moistened with egg to patch any "holes" in breading.*



Micro-Steam the Portobellos

Line a plate with two paper towels. Place 2 **portobellos** on plate, cover with two more pieces of paper towel, and top with another plate (plates are used as a weight and should be facing the same direction). Microwave for 4 minutes. Portobellos should be flat and juices mostly absorbed by paper towels. Repeat with other 2 portobellos, adding fresh paper towels for each batch. Let portobellos cool until you can safely handle them, about 2 minutes.



Cook the Burgers

Test **oil** temperature by adding a pinch of **panko** to pot. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat. Add one **burger** to oil and fry 4-5 minutes per side, or until golden brown. Remove to a paper towel-lined plate and sprinkle each side with ¼ tsp. **salt**. Repeat with second burger.



Make the Burgers

Divide **mozzarella** in half. Using your hands, press half the mozzarella into a ball. *Twist cheese tightly in plastic wrap if you're having trouble here.* Repeat with second half. Flatten each ball into a puck and place pucks on top of the gill side of 2 **portobellos**. Top with remaining portobellos (gill side down), wrap each individually and tightly with plastic wrap, and press with your hands to form burgers.



Plate the Dish

Place **tomato** and **arugula** on **bun**, place **portobello burger** on top, and top with remaining bun. Serve next to **cottage fries**. *Be careful when biting into burger—cheese will be hot!*