

## Mushroom-Walnut-Quinoa Burger with Rosemary Mayo

Meal time: Dinner  
 Meal course: Main  
 Meal type: Vegan  
 Difficulty: Medium  
 Servings: 5  
 Preparation time: 2 hours  
 Cooking time: 45 minutes

### Nutrition Facts

	Amount per serving
Calories	400
Total Fat	33 g
Saturated Fat	4 g
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	3 g
Protein	5 g
Cholesterol	10 mg
Vitamin D	3 IU
Calcium	47 mg
Iron	1.22 mg
Potassium	263 mg
Sodium	156 mg

### Ingredients

#### For the burgers

5 whole-grain burger buns	65g cornstarch
4 portobello mushroom caps, gills removed and chopped	25g red onion, chopped
1 bunch of lettuce	2 TBSP canola oil
75g walnuts	2 TSPs rice wine vinegar
1 bunch of sprouts	90g quinoa, cooked
1 clove garlic, minced	3 green onions, chopped
	2 tomatoes, sliced

#### For the rosemary mayo

1 TSP fresh rosemary, finely chopped  
 kosher salt, to taste  
 120ml mayonnaise  
 1 TSP lemon juice

### Instructions:

1. Toss mushrooms with a tablespoon of oil, walnuts, minced clove of garlic, pepper, and salt in a shallow baking dish. Spread evenly and bake in a preheated oven at 190 C, until mushrooms are tender, for about 20 minutes. Once done, take it out and set aside. Turn off the oven.
2. Add the mushroom mixture to a processor along with chopped green onions, red onion and 2 TSPs rice wine vinegar. Pulse until smooth, then transfer to a bowl.
3. Add cornstarch and cooked quinoa until blended. Refrigerate for 2 hours, covered with plastic wrap.
4. After two hours, form 5 patties from the mixture. Preheat a TBSP of oil in a non-stick skillet.
5. Cook patties until well-browned, for 5 minutes or more, turning once. Do in batches.
6. Place patties in a foil-lined baking sheet and bake in a preheated oven at 190 C, for about 10 minutes.
7. Meanwhile, prepare rosemary mayo by combining all 4 ingredients in a bowl.
8. Serve mushroom-quinoa burgers on buns along with rosemary mayo. Garnish with tomato, lettuce and sprouts.

**Notes:** quinoa is rich in Vitamin E, it provides collagen and protects skin from UV damage. This recipe is a great option for vegan high protein diet.