



Mushroom Walnut Burgers

Visual Recipe
by DAREBEE

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13oz ~ 400g mushrooms
½ cup ~ 2oz ~ 50g walnuts
⅓ cup ~ 2oz ~ 50g flour
2 tbsps ~ 1oz ~ 30g ground flax seeds
2 tbsps balsamic vinegar

LEVEL UP! Add 1 tbsp nutritional yeast, 1 tsp cayenne pepper and dried parsley to the mix. Add extra walnuts, tomato and cucumber for garnish.

2 PORTIONS

INSTRUCTIONS

1. Place all of the ingredients into a food processor. Season for taste.
2. Blend until combined and paste-like. If you don't have a food processor, finely dice mushrooms and crush the walnuts and then combine them with the rest of the ingredients.
3. Preheat the oven to 400°F (200°C). Shape the mix into burger patties. Place the patties on top of a baking tray lined with baking paper.
4. Bake in the oven for 15 minutes. Flip the patties over and bake them for another 15 minutes, 30 minutes in total.
5. Transfer to a plate. Serve with yogurt sauce on the side and garnish with tomatoes and pine nuts.

