



PLANT-BASED  
RECIPES  
MUSHROOM  
BURGER  
with *Blue* sauce



# you will need

## For the patties

500 gr mushrooms • 2 tbsp olive oil  
1/2 cup sunflower seeds • 3/4 cup oats  
1 onion finely chopped • 1/4 cup bread crumbs  
2 tbsp tapioca starch • 1/2 tbsp mustard  
1 tbsp bbq sauce • 1 tsp salt • 1 tsp liquid smoke  
1 tsp thyme • 1 tsp garlic powder  
Black pepper to taste

## For the blue cheese sauce

100gr + 30gr **GreenVie Blue** cheese  
150ml soy cream • 1/3 tsp salt  
1/2 tsp vegan worcester sauce

## Other ingredients

4 burger buns • 1 onion in slices  
1 handfull lettuce • 4 slices tomato  
Vegan mayonnaise bbq sauce



SERVES



PREP TIME



COOK TIME

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# method

## For the patties

- Finely chop the mushrooms and sauté in hot olive oil. Add in a large bowl along with the chopped onion.
- In a food processor add the sunflower seeds and the oats and mix them in the bowl with the other ingredients until well incorporated. Cover and transfer to the fridge for about an hour to set.
- Shape 4 patties. In a skillet over medium heat add some olive oil and fry for 3 - 4 minutes from both sides.

## For the blue cheese sauce

In a non stick pan over medium heat add the soy cream, the 100 gr **GreenVie Blue cheese**, the salt and worcester sauce and stir. Once melted and creamy turn heat off and crumble in the pan the rest 30 gr of **GreenVie Blue cheese**. Stir to combine.

## Assemble the burger

- In a skillet over low heat add some olive oil. Once hot add the onions. Let cook slowly until caramelised (about 10 - 15 minutes).
- On the base burger bun spread 2 tbsp mayonnaise. Add the lettuce, one slice of tomato, a patty, bbq sauce 1 - 2 tbsp caramelised onions and 2- 3 tbsp from the blue cheese sauce. Cover with the top bun and enjoy!

*Did you make  
this recipe?*



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**Blue**

200g e



**FREE FROM:**  
DAIRY / GLUTEN / SOYA /  
LACTOSE / PALM OIL

