

AUTUMN BURGER

2 persons / 530 kcal per person

Ingredients:

- 2 Black Angus burgers
- ½ tablespoon of olive oil
- 125 grams of chestnut mushrooms
- 2 baker's buns spelt
- 75 grams of carrot pumpkin spread
- 50 grams of mixed lettuce
- 1 tablespoon of ketchup
- 1 tablespoon of fried onions
- pepper and salt



Preparation:

Cut the chestnut mushrooms into slices. Heat a contact grill pan and grill the Black Angus burgers for 6 minutes until brown and done. Meanwhile, heat the olive oil in a frying pan and fry chestnut mushrooms for 5 minutes on high heat. Season with salt and pepper. Cut open the buns and spread the top and bottom with vegetable spread. Divide some mixed lettuce and chestnut mushrooms over the bottoms. Place a burger on each sandwich and divide the ketchup and fried onions over the burgers. Serve the autumn burger with the rest of lettuce and chestnut mushrooms.

Nutritional value per person:

Energy:	530 kcal
Protein:	33.1 grams
Carbohydrates:	36.7 grams
- including sugars:	7.4 grams
Fat:	26.9 grams
Fiber:	3.6 grams
Salt:	2.4 grams