

# BARBECUED MUSHROOM BURGERS

## INGREDIENTS

- 1 brown onion, thinly sliced
- olive oil cooking spray
- 8 flat mushrooms (see note)
- 8 slices sourdough bread
- 50g baby spinach
- 2 ripe tomatoes, sliced
- 1/2 cup tzatziki

## METHOD

1. Preheat a barbecue or chargrill pan on medium heat. Spray onion with oil. Season with pepper. Cook for 10 minutes, turning frequently, or until soft and golden. Remove to a plate. Cover to keep warm.
2. Spray mushrooms with oil. Increase heat to high. Cook for 2 minutes each side or until just tender.
3. Cook bread for 1 to 2 minutes each side or until golden and toasted.
4. Top 4 slices of bread with spinach, tomato, mushrooms, onions and a dollop of tzatziki. Top with remaining slices of bread. Serve.

Serves 4

	Per Serving (210g)	Per 100g
Energy	794	379
Protein	7.3	3.5
Fat – Total	9.2	4.4
- Saturated	2.1	1
Carbohydrate - Total	17.3	8.3
- Sugars	3.9	1.9
Sodium	240	114

**BIG  
RED  
BBQ**

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