



Pulled Fable burger on Herman Brot bun

with slaw and smokey BBQ sauce



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large frying pan



Pantry items needed: olive oil, plant-based butter (optional), salt (optional)



Hands-on: 20 minutes



Ready in: 20 minutes

Serves: 2 or 4

In this delectable burger, Fable's succulent pulled shiitake mushrooms are sauteed and tossed in a rich, smokey, house-made BBQ seasoning. Paired with fresh slaw and finished with burger pickles and a dash of smokey BBQ sauce, all housed inside a Herman Brot lower carb high protein bun. Served with freshly cooked corn cob on the side.

HIGH PROTEIN | CALORIE SMART | Quick & easy, Spicy (mild)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Brown onion	90g	180g
Corn cob	300g	600g
Red cabbage	180g	360g
Carrot	180g	360g
Slaw dressing	1 tub	1 tub
Olive oil*	1 tbsp	2 tbsp
Fable pulled shiitake mushrooms	1 packet	2 packets
BBQ seasoning	1 tub	1 tub
Water*	2 tbsp	4 tbsp
Herman Brot burger buns	1 packet	2 packets
Smokey BBQ sauce	1 tub	1 tub
Burger pickles	1 tub	1 tub
Plant-based butter (optional)*	2 tsp	4 tsp
Salt (optional)*	to taste	to taste

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, sulphites, lupin.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Preheat grill (tip 1). Finely dice **onion**. Shred **cabbage**. Peel and grate **carrot**. Remove **corn** husks and cut **corn cob** in half.

2. Cook corn

Fill a medium pot $\frac{3}{4}$ -full with water and bring to a boil. Add **corn cob** and cook, uncovered, for about **10 minutes**. When done, remove from the heat.

3. Make slaw

In a large bowl, add **cabbage**, **carrot** and **slaw dressing** and toss together.

4. Cook Fable

In a large frying pan over medium heat, add **olive oil***. When hot, add **onion** and cook for **4 minutes**. Add **Fable**, breaking up slightly with your hands as you add to the pan, and cook until starting to brown, about **4 minutes**. Add **BBQ seasoning** and **water*** and toss together until combined and hot, about **2 minutes**.

4. Prepare burger buns

Slice **burger buns** in half and place **buns** cut side up, directly onto the grill rack to toast lightly for **1 minute**. Remove from the grill and prepare to serve.

5. Serve

Spread **smokey BBQ sauce** on top **buns**. On bottom **buns**, place generous amounts of **coleslaw** and **Fable**. Add **burger pickles** and sandwich **buns** together. Serve with **corn** and with **plant-based butter (optional)*** and **salt (optional)*** on the table to add to **corn** if desired.

Cooking tip

If you have a wide toaster, skip this step and toast buns lightly in the toaster.

Eat your way
to healthy!



Corn is rich in fibre and vitamin C. It also contains many other vitamins as well as minerals and antioxidants, including vitamin C, A, B3, B5, B6, B9, E and K, magnesium, manganese, potassium, zinc, copper and iron.

Corn has been linked to better gut health, improved heart and eye health, lower blood pressure and lower risk of certain cancers and type 2 diabetes.

Nutritional information*

	Per 550g serve	Per 100g
Energy	1946kJ (466Cal)	354kJ (85Cal)
Protein	32.7g	5.9g
Fat, total	18.7g	3.4g
- Saturated	2.6g	0.5g
Carbohydrate	63.0.0g	12.0g
- Sugars	33.0g	6.0g
Sodium	1469mg	267mg

* Nutritional information is based on averages