

MUSHROOMS + MINCE THE BLEND

Adrian Richardson's
Signature Blended
Recipes

Richo



Find more delicious blended recipes at www.blenditarian.com.au

WHY I'M A BLENDITARIAN

by Adrian Richardson



I LOVE MEAT.

It's safe to say that I have pretty much built my career around cooking delicious meaty dishes and if I had it my way, I'd eat red meat at every meal, but that's not exactly practical. So I want to let you in on my little secret; I'm a blenditarian!

I've been blending mushrooms in with my minced meat dishes for years, not only because it's healthier, but because it tastes great. Mushrooms are packed with umami flavour and when blended with meat it's a match made in meaty flavoured heaven.

THE BLEND IS SO SIMPLE.

Just take whole mushrooms, dice them up nice and fine, blend it with your mince, season it up and you're done.

By adding the mighty mushroom, you can still cook your favourite dishes like Bolognese, tacos, burgers & chilli, using the same recipes you already know and love, just switch out some mince for mushrooms. It's so easy.

Mushrooms and mince make the PERFECT BLEND for any meaty recipe. Adding mushrooms makes meals more nutritious and juicier - and believe it or not - it makes the dish taste even MEATIER... just the way I like it!

So join me, be a blenditarian. Trust me, you'll love it!

Richo

MUSHROOMS + MINCE THE BLEND

HOW TO BLEND



BURGERS & MEATBALLS

25% mushrooms + 75% mince forms juicy and delicious meaty flavoured meals, that stay together.



TACOS & BOLOGNESE

50% mushrooms + 50% mince is the healthiest blend for tasty loose meat dishes.

CHILLI CON CARNE & RAGU

70% mushrooms + 30% mince makes a delicious blend for meaty flavoured meals with lots of sauce.





Texan Double Beef & Mushroom Blended Burger

Prep Time: 30 mins | Cook Time: 15 mins | Serves: 2

To make the Texan Beef & Mushroom Blended Burger Patties

- 500g beef mince
- 170g white button mushrooms, finely diced
- 2 tsp ground cumin
- 1 tbsp smoked paprika
- 2 jalapeno chillies, seeds removed, finely chopped
- ½ red onion, finely chopped
- ¼ cup spring onion, chopped
- ½ cup coriander, finely chopped
- 1 tbsp dark sweet soy
- Salt & pepper



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To make Chilli Pickle Salsa

- ½ avocado
- 1 lime, juiced
- 1 jalapeno, diced
- 1 bunch coriander, finely chopped
- 2 gherkins, diced
- Salt and pepper, to taste

To make Sauce

- 3 tbsp mayo
- 3 tbsp American mustard

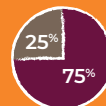
To assemble Burgers

- Extra Virgin Olive Oil, to brush the BBQ
- 2 burger buns
- 8 slices of Monterey Jack cheese
- Iceberg lettuce, broken into pieces

Method

1. Finely dice the mushrooms, so they are a similar size to the mince. Blend the mushrooms through the mince with a pinch of salt and pepper. Mix through cumin, smoked paprika, jalapeno, spring onion, coriander, dark sweet soy. Divide into 4 and shape into patties.
2. BBQ for 5-6 minutes on each side or until cooked through. Top each patty with 2 slices of cheese. Allow to melt for a few minutes. Toast your buns face down on the BBQ, just for a few seconds.
3. Combine all of the ingredients for the salsa and set aside.
4. Combine the ingredients for the sauce and spread on both buns.
5. Add the salsa to the bottom bun, top with lettuce, then stack each burger patty. Add another spoonful of the sauce before toping the bun.

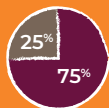
THE BLEND



For this recipe blend:

25% Mushrooms + 75% Beef Mince

For more recipes, visit www.blenditarian.com.au



For this recipe blend:

25% Mushrooms + 75% Pork Mince

For more recipes, visit www.blenditarian.com.au



Japanese Miso Pork & Mushroom Blended Burger

Prep Time: 25 mins | Cook Time: 15 mins | Serves: 4

To make the Pork & Mushroom Burger Patties

- 500g pork mince
- 170g white button mushrooms, finely diced
- ¼ cup miso
- 1 tbsp freshly grated ginger
- ½ cup spring onion, chopped
- 1 clove garlic minced
- 1 tsp sesame oil
- 1 tbsp soy sauce
- Salt & Pepper

To make the Salsa

- 1 large tomato, diced
- 10 pickled cucumbers, sliced
- ¼ cup pickled ginger, drained and chopped
- ¼ cup Extra Virgin Olive Oil
- 400g strong cheddar cheese slices or grated
- 4 burger buns
- ½ cup kewpie mayonnaise
- ¼ Iceberg lettuce, washed and shredded

Method



1. Finely dice the mushrooms, so they are a similar size to the mince. Blend mushrooms through the mince mixture with a pinch of salt and pepper.
2. Place a slice of cheese on each patty and melt. Toast your buns face down on the BBQ, just for a few seconds.
3. Divide the mixture into 4 and create 4 patties. Place on a hot BBQ and grill for 4-6 minutes on each side or until cooked through. Place a slice of cheese on the patty and melt.
4. Combine all of the ingredients for the salsa, and set aside.
5. Spread the kewpie mayo on the base of the burger bun, top with lettuce, then add the patty, spoon the salsa and place the bun on top.

DID YOU KNOW...

REDUCE **FAT** + **SALT**

...when you blend, you not only reduce fat, sodium and calories, but you also add Potassium, Vitamins B & D and other important nutrients for your overall health.



Nonna's Beef & Mushroom Blended Meatballs with Spaghetti

Prep Time: 20 mins | Cook Time: 30 mins | Serves: 4

To make the Meatballs

- 500g beef mince
- 500g pork mince
- 335g button mushrooms, finely diced
- 6 cloves garlic, crushed
- ½ cup parsley, chopped
- ½ cup Parmesan cheese, finely grated plus more to serve
- 1 cup fresh breadcrumbs
- 2 eggs, lightly beaten
- 2 tbsp olive oil
- 2 tbsp soy sauce
- Salt & freshly ground black pepper

Pasta

- Your choice of spaghetti or linguine

Method

1. First, create the sauce for the meatballs. In a heavy based saucepan on medium heat, add olive oil and butter. As soon as the butter is melted, add the onion and garlic and cook gently until translucent. Add the chicken stock and passata and simmer gently while you prepare your meatballs.
2. Using a large mixing bowl, add the beef and pork mince and diced mushrooms, and blend together using your hands. Add all other meatball ingredients and mix together. Form golf sized meatballs and gently place each one into the sauce as you go. Simmer the meatballs for around 20 minutes, until cooked through.
3. Meanwhile, bring a large pot of water to the boil, add your spaghetti and cook until al dente.
4. Strain pasta and place in a bowl. Add the basil to the pasta sauce just at the last moment and stir through. Spoon meatballs and all the sauce over the pasta, top with freshly grated parmesan cheese.

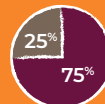
To make the Nonna's Meatball Sauce

- 100 gms butter
- 100 ml olive oil
- 2 onions, finely diced
- 6 cloves garlic
- 500 ml chicken stock
- 1.5 litres tomato passata
- Salt & freshly ground black pepper
- Parmesan cheese, freshly grated
- 1 cup basil leaves, torn to add at the end



Watch the video

THE BLEND



For this recipe blend:

25% Mushrooms + 75% Mince

For more recipes, visit www.blenditarian.com.au



Tandoori Beef & Mushroom Blended Kofta Balls

Prep Time: 20 mins | Cook Time: 40 mins | Serves: 4

To make the Kofta Balls

- 500g beef mince
- 170g white button mushrooms, finely diced
- 1 small brown onion, finely diced
- ½ cup breadcrumbs
- 1 tsp cayenne pepper
- 2 eggs
- 3 large garlic cloves, finely diced
- 1 tag ginger, grated (or 1 tsp minced ginger)
- ½ cup coriander, chopped
- ¼ cup spring onion, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground garam masala

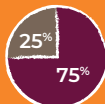
To make the sauce

- Spice mix
 - 1 tbsp ground cumin
 - 1 tbsp ground coriander
 - 1 tbsp ground garam masala
 - 1 tsp ground turmeric
 - 1 tbsp paprika
- 2 tbsp extra virgin olive oil
- 2 tbsp freshly chopped ginger
- 5 garlic cloves, sliced
- 1 red onion, sliced
- 150g butter
- 500ml tomato passata
- 1 bunch coriander, chopped
- 1 cup of cream
- ½ cup water
- 2 spring onions, sliced
- Salt & pepper

To serve: Juice of one lime, dollop of plain yoghurt and papadums.

Method

1. To make the koftas, place all of the meatball ingredients into a large bowl and use your hands to combine. Roll palm sized balls, around 3-4cm in diameter, and set aside.
2. In a large hot pan over medium-high heat, add a dash of extra virgin olive oil and sear balls, rotating on each side until they are golden brown. Remove and set aside.
3. In the same pan, sauté the garlic, ginger and onions until translucent, and add the remaining spice mix, mixing just for minute or so to awaken their aroma. Stir in three-quarters of the butter, being careful not to burn it.
4. Pour in the passata and two-thirds of the cream, and half the coriander. Stir to combine.
5. Add the kofta balls back to the sauce, cover with the lid and turn down to low heat to simmer for 25-30 minutes. Add a little water if needed.
6. Before serving stir through remaining coriander, spring onions, remaining butter and remaining cream.
7. Serve with plain yoghurt, a squeeze of lime and papadums.



For this recipe blend:

25% Mushrooms + 75% Beef Mince

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Pork, Veal & Mushroom Blended Ragu with Creamy Polenta

Prep Time: 20 mins | Cook Time: 50 mins | Serves: 4

To make the Ragu

- 300g pork mince
- 300g veal mince
- 600g white button mushrooms, finely diced
- ½ cup extra virgin olive oil
- 2 medium carrots, chopped
- 1 large onion, chopped
- 1 cup celery, chopped
- 6 cloves garlic, chopped
- 2 bay leaves
- 1 tbsp thyme leaves
- 1 tbsp dried oregano
- ¼ cup basil leaves
- 250ml red wine
- 500ml chicken stock
- 1.5L tomato passata

To make Creamy Polenta

- 3 tbsp butter
- 1 onion, finely diced
- 2 cloves garlic, finely chopped
- 1 litre good-quality chicken stock or milk
- 150g fine polenta
- 1 tbsp thyme leaves
- 1 tbsp parsley, chopped
- 1 tbsp sage, chopped
- 150g grated parmesan
- A pinch of salt & freshly ground black pepper

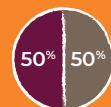
To serve

- 2 bunches basil, leaves picked
- 1 cup parsley, chopped

Method

1. To make the ragu, use a large heavy based saucepan and add the olive oil along with the garlic, onion, celery, carrots and sauté until the onion and celery become slightly translucent.
2. Blend together the pork mince, veal mince and diced mushrooms and add to the pot. Separate the mince as it cooks through.
3. Add the passata, chicken stock and red wine, along with the herbs and bring to a quick simmer.
4. When the ragu is nearly ready, it's time to make the polenta. Heat the oil or butter in a large, heavy-based saucepan. Add the onion and garlic and sweat gently for 5 minutes, until they are soft, but not coloured. Add the stock to the pan and bring to the boil.
5. Pour in the polenta in a slow steady stream, whisking all the vigorously until the mixture begins to boil, then lower the heat to a brisk simmer. Cook for 5–10 minutes, stirring with a wooden spoon from time to time, until the mixture thickens and becomes smooth and creamy.
6. Remove the pan from the heat and stir in the chopped herbs and cheese.
7. Taste and adjust the seasoning if necessary – you may find the cheese is salty enough.
8. Serve straight away – place the polenta around the bowl and spoon the ragu in the centre. Sprinkle with fresh basil and parsley.

THE BLEND



For this recipe blend:

50% Mushrooms + 50% Beef Mince

For more recipes, visit www.blenditarian.com.au



Chicken & Mushroom Blended Meatballs with Mexican Beans

Prep Time: 20 mins | Cook Time: 40 mins | Serves: 4

To make the Chicken & Mushroom Blended Meatballs

- 500g chicken mince
- 170g button mushrooms, finely diced
- 1 long red chilli, seeds removed and chopped (more if you like it hotter)
- 1 cup breadcrumbs
- 2 eggs
- 2 cloves garlic, crushed
- ½ cup Coriander, chopped
- ¼ cup spring onion, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp salt
- 1 tsp cracked black pepper

To make the Mexican Beans

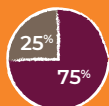
- ¼ cup extra-virgin olive oil
- 150g Spanish chorizo sausage, skin removed and thinly sliced
- 2 onions, finely chopped
- 4 cloves garlic, crushed
- 2 tbsp smoked paprika
- 1 tbsp brown sugar
- 1 tbsp cider vinegar
- 1 cup chicken stock
- 750ml tomato passata
- 2 cans black beans, drained and rinsed

To serve

- Sour cream
- Spring onion
- Coriander
- Smoked paprika
- Tortilla chips or taco shells

Method

1. To make the meatballs, place all ingredients into a large bowl and mix together with your hands. Roll into golf sized balls. Place in refrigerator until ready to cook.
2. To make the sauce, use an oven safe pot and add the olive oil to sauté the chorizo, onion, garlic and paprika.
3. Add the chicken stock, passata and brown sugar and bring just to the boil.
4. Add the meatballs and beans and place in the oven with the lid off for 15-20 minutes until balls are cooked.
5. Serve with a dollop of sour cream, sprinkle of coriander, spring onion and paprika, along with round tortilla chips or taco shells.



For this recipe blend:

25% Mushrooms + 75% Chicken Mince

For more recipes, visit www.blenditarian.com.au



Beef & Mushroom Blended Chilli with Corn Bread Topping

Prep Time: 20 mins | Cook Time: 50 mins | Serves: 6-8

To make the Chilli

- 1kg beef mince
- 1kg white button mushrooms, finely diced
- 2 tbsp smoked paprika
- 1 tbsp dried chillies
- ½ tbsp cumin seeds, dry-roasted and ground
- 1 tsp salt
- 1 tsp freshly ground black pepper
- ¼ cup olive oil
- 4 red capsicums, sliced and roasted
- 2 onions, finely diced
- 6 cloves garlic, crushed
- 2 long red chillies, thinly sliced
- 1L tomato passata
- 2 cups beef stock
- ½ cup red wine
- 1 cup basil, picked
- 1 cup coriander, chopped

To make the Corn Bread Topping

- 2 cups self-raising flour
- 1 cup fine polenta
- 300g of cooked corn kernels (or tinned sweet corn, rinsed)
- 1 tbsp chopped rosemary
- 1 tsp salt and pepper
- 2 cups milk
- 4 eggs
- 2 tablespoons olive oil



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Method

1. Halve the capsicum lengthwise, drizzle with olive oil and grill, skin side up, until black and charred. Transfer to a bowl and cover with plastic wrap. When cool enough to handle, peel off the skin and slice away the seeds and pith. Chop roughly and place in a food processor. Blitz on high to form a rough puree.
2. Set the oven to 160°C. In a heavy based saucepan on medium high heat, add the olive oil and gently sweat the garlic and onions until translucent, adding a little salt and pepper.
3. Add the blended beef mince and finely diced mushrooms. Using the back of the spoon, break the mince apart while cooking.
4. Add the spices and chilli, add the red wine, beef stock, tomato passata and the pureed capsicum. Simmer for around 30 minutes until it thickens up. Add the fresh basil and coriander and stir through. Pour into a large casserole dish.
5. To make the cornbread topping, combine the dry ingredients in a large mixing bowl, add the corn kernels, olive oil, eggs and milk. Whisk together until all lumps have dissolved, to make a thick yellow batter.
6. Spread the batter over the chilli and bake for 30 minutes until the topping is risen and golden.



For this recipe blend:

50% Mushrooms + 50% Beef Mince

For more recipes, visit www.blenditarian.com.au



Bacon, Lamb & Mushroom Blended Sausage Rolls

Prep Time: 25 mins | Cook Time: 15 mins | Serves: 6-8

To make the Sausage Rolls

- 500g of lamb mince
- 300g of white button mushrooms, finely diced
- 100g bacon, diced
- ½ cup carrot, grated
- ½ cup onion, finely diced
- 3 cloves garlic, crushed
- 2 tbsp Worcestershire sauce
- ¼ cup parsley, chopped
- 1 tsp thyme
- 2 tbsp Dijon mustard
- ½ cup breadcrumbs
- 1 egg lightly beaten
- Poppy seeds to sprinkle.
- 4 sheets of ready rolled, frozen puff pastry

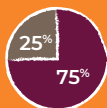
Method

1. Remove puff pastry from the freezer, and place each sheet on the bench, plastic side down, to thaw while the filling is prepared.
2. Place all ingredients into a bowl (except the poppy seeds or puff pastry) and mix with your hands to combine.
3. Cut pastry into 10cm wide strips. Place around 4cm of filling in the centre of each strip, like a sausage over the full length. Fold pastry over and press join with a fork to seal. Refrigerate for one hour (or can be frozen until needed)
4. Remove from fridge (or freezer and allow to thaw). While still cold, cut to the desired length. Brush with a little egg yolk and milk and sprinkle with poppy seeds. Bake at 200°C for 10 to 15 minutes until pastry has puffed up and is golden and filling cooked.
5. Serve with favourite sauce or relish.

DID YOU KNOW...

...that mushrooms are high in beta-glucans?

Beta-glucans have been shown to help reduce cholesterol levels. There are more beta-glucans in the mushroom stalk than the cap – so make sure you use the whole mushroom!



For this recipe blend:

25% Mushrooms + 75% Lamb Mince

For more recipes, visit www.blenditarian.com.au

THE PERFECT BLEND

Substituting mince for mushrooms in recipes like spaghetti, tacos, lasagne and more, creates the 'perfect blend' of added nutrition and boosts the meaty taste.

Increases the
meaty flavour

Provides added
Iron & B12

Adds a boost
of nutrition

Makes juicier
burgers

Reduced
fat

Less salt
needed

Better for
the planet

Saves
money

MADE WITH 25% MUSHROOMS

MUSHROOMS + MINCE
THE BLEND

is an initiative of the Australian Mushroom Growers Association, the peak industry body who represent our Aussie mushroom farmers.



AMGA
Australian Mushroom Growers' Assoc.

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