

MAKE ROOM FOR MUSHROOMS THIS SUMMER

Summer
MUSHROOMS + MINCE
THE BLEND

**MADE WITH 25%
MUSHROOMS!**

20 BLENDED RECIPES INSIDE

Just add mushrooms! More healthy, tasty and juicy recipes at
www.blenditarian.com.au



WHAT IS THE BLEND?

by Adrian Richardson



Mushrooms + Mince = The Blend is an easy cooking technique, perfect for anyone wanting to reduce meat, without giving up the meaty dishes they know and love. A mushroom and mince blend works well with any minced meat recipe; spaghetti, lasagne, tacos, meatloaf and more – all you need to do is take whole, fresh mushrooms, finely dice them, and substitute some mince for mushrooms. It's a straight ingredient switch!

Adding the mighty mushroom to mince creates the perfect umami blend which **ENHANCES** the meaty flavour of dishes, and makes meals more delicious, nutritious, and sustainable.

Do better for you and the planet too, without giving up meaty dishes you know and love.

Just make room for mushrooms!

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.





Beef & Mushroom Blended Burger with The Lot

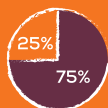
Prep Time: 15 mins | Cook Time: 15 mins | Serves: 4

To make the Beef & Mushroom Blended Burger with The Lot

- 150g mushrooms, grated
- 350g beef mince
- 1 egg
- ½ cup breadcrumbs
- 1 tbsp worcestershire sauce
- 1 tsp salt
- ¼ tsp white pepper
- 2 tbsp vegetable oil
- 4 slices cheese
- 4 seeded burger buns
- 1 x 227g pineapple slices
- 1 x 227g beetroot slices
- 1 tomato, sliced
- 4 eggs
- 1 cup mixed lettuce leaves
- ¼ cup BBQ sauce

Method

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Add the grated mushrooms, mince, egg, breadcrumbs, worcestershire sauce, and seasoning to a large bowl. Mix to combine.
3. Divide the mixture evenly and shape into four patties.
4. Heat 1 tablespoon of oil in a large frying pan or griddle pan over medium-high heat. Cook the patties, two at a time for 3-4 minutes on each side. Remove from the pan and set aside on the prepared tray. Repeat with the remaining two patties.
5. Place the burger buns in the oven for 2-3 minutes to warm slightly.
6. Place a cheese slice on each of the patties then transfer to the oven for 2-3 minutes to melt the cheese.
7. In the meantime, cook the eggs in a frying pan for 2-3 minutes or until the egg whites are set and yolks remain runny.
8. To assemble the burgers, place BBQ sauce on the base of each bun. Top with the pattie then a slice of pineapple, beetroot, tomato, fried egg and lettuce.



For this recipe blend:

25% Mushrooms + 75% Beef Mince

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



Beef & Mushroom Blended Caramelised Onion Rings, Rocket & Camembert Cheeseburgers

Prep Time: 15 mins | Cook Time: 60 mins | Serves: 4

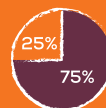
To make the Beef & Mushroom Blended Caramelised Onion Rings, Rocket & Camembert Cheeseburgers

- 150g mushrooms, grated
- 350g beef mince
- 1 egg
- ½ cup breadcrumbs
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- ¼ tsp white pepper
- 2 tbsp vegetable oil
- 4 Pane di Casa buns
- 2 large Spanish onions
- 2 tbsp balsamic vinegar
- ¼ cup olive oil
- 1 tbsp brown sugar
- 1 wheel camembert cheese, sliced
- 2 cups rocket
- Freshly ground black pepper

Method

1. Preheat oven to 150°C and line a baking tray with baking paper.
2. Peel and cut onions into 2cm slices.
3. Combine the balsamic vinegar, olive oil and brown sugar in a small bowl.
4. Place onions on the prepared baking tray. Drizzle with balsamic mixture. Place in the oven to bake for 45-50 minutes.
5. Add the grated mushrooms, mince, egg, breadcrumbs, Worcestershire sauce, and seasoning to a large bowl. Mix to combine.
6. Divide the mixture evenly and shape into four patties.
7. Heat 1 tablespoon of oil in a large frying pan or griddle pan over medium-high heat. Cook the patties, two at a time for 3-4 minutes on each side. Remove from the pan and set aside on the prepared tray. Repeat with the remaining two patties.
8. Place the Pane di Casa buns in the oven for 2-3 minutes to warm slightly.
9. To assemble the burgers, place the patty on the base of each bun. Top with 2 slices of caramelised onion, camembert cheese slices and rocket. Finish with freshly ground black pepper.

THE BLEND



For this recipe blend:

25% Mushrooms + 75% Beef Mince

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Beef & Mushroom Blended Cheeseburgers

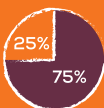
Prep Time: 15 mins | Cook Time: 20 mins | Serves: 4

To make the Beef & Mushroom Blended Cheeseburgers

- 150g mushrooms, grated
- 350g beef mince
- 1 egg
- ½ cup breadcrumbs
- 1 tbsp worcestershire sauce
- 1 tsp salt
- ¼ tsp white pepper
- 2 tbsp vegetable oil
- 4 brioche burger buns
- 4 slices burger cheese
- ½ cup sliced pickles
- ¼ cup tomato sauce
- ¼ cup mustard

Method

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Add the grated mushrooms, mince, egg, breadcrumbs, worcestershire sauce, and seasoning to a large bowl. Mix to combine.
3. Divide the mixture evenly and shape into four patties.
4. Heat 1 tablespoon of oil in a large frying pan or griddle pan over medium-high heat. Cook the patties, two at a time for 3-4 minutes on each side. Remove from the pan and set aside on the prepared tray. Repeat with the remaining two patties.
5. Place brioche buns in the oven for 2-3 minutes to warm slightly.
6. Place a cheese slice on each of the patties then transfer to the oven for 2-3 minutes to melt the cheese
7. To assemble the burgers, place the patty with melted cheese on the base of the bun. Top with 2-3 pickles, sauce, and mustard.



For this recipe blend:

25% Mushrooms + 75% Beef Mince

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



Beef and Mushroom Blended Cobbler

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

To make the Beef & Mushroom Mix

- 250g mushrooms, finely chopped
- 250g beef mince
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 ribs celery, diced
- 1 cup beef stock
- ½ cup passata
- 2 tbsp worcestershire sauce
- 1 bay leaf
- 2 sprigs thyme
- Salt and pepper, to taste

To make the Cobbler

- 1 ½ cups self raising flour
- 2 tsp baking powder
- 1 tsp mustard powder
- Pinch salt
- 70g cold butter, cut into cubes
- ½ cup grated tasty cheese
- ½ cup milk
- 1 egg

Method

1. Preheat oven to 180°C and lightly grease a ceramic baking dish.
2. Place oil in a large frying pan over medium heat. Add the prepared onion, carrot and celery to the pan and cook, stirring for 3-4 minutes or until softened.
3. Add mushrooms and mince to the pan and cook, stirring for 3-4 minutes or until the mince is mostly cooked.
4. Add the stock, passata, worcestershire sauce and herbs to the pan. Stir to combine. Reduce heat to low and simmer for 10 minutes for the sauce to reduce and thicken. Season to taste with salt and pepper.
5. Transfer the mixture to the ceramic baking dish.
6. To make the cobbler, place flour, baking powder, mustard powder and salt in a large bowl. Add butter and rub it into the flour mixture with your fingertips until the mixture resembles fine breadcrumbs.
7. Add the cheese and stir to combine then make a well in the center of the mixture. Add the milk and stir until just combined.
8. Transfer the dough to a lightly floured surface. Knead the dough until it comes together. Place the dough in a bowl and cover with plastic wrap. Allow to rest for 30 minutes.
9. Remove the dough from the bowl and gently roll out to 2cm thickness on a lightly floured surface. Use a scone cutter to cut the dough into rounds. Place the rounds of cobbler dough on top of the prepared mushroom mixture. Place egg in a small bowl and lightly whisk. Use a pastry brush to glaze the top of the cobbler with the egg mixture.
10. Bake for 15-20 minutes or until golden brown. Allow to cool for 5 minutes before serving.



For this recipe blend:

50% Mushrooms + 50% Beef Mince

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



Beef & Mushroom Blended Harissa Meatballs with Roasted Pepper Couscous Salad

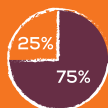
Prep Time: 30 mins | Cook Time: 40 mins | Serves: 4

To make the Harissa Meatballs with Roasted Pepper Couscous Salad

- 125g mushrooms, grated
- 375g beef mince
- ¼ cup bread crumbs
- 1 egg
- 1 tbsp Harissa Spice mix
- 1 tsp garlic powder
- 1 tsp salt
- 2 cups vegetable stock
- 2 cups pearl couscous
- 1 tbsp butter
- 2 red capsicums
- 1 tbsp olive oil
- 3-4 sprigs parsley, roughly chopped
- 2 sprigs mint, leaved chopped
- 1 lemon, cut into slices

Method

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Place capsicums on the prepared baking tray and drizzle with olive oil. Transfer to the oven and cook for 25-30 minutes until softened and charred on the outside. Remove from the oven and allow to cool.
3. In the meantime, prepare the meatballs by combining the grated mushrooms, mince, bread crumbs, egg, spices and salt in a large bowl. Mix to combine then roll into 12 even meatballs. Set aside.
4. Place the vegetable stock in a medium saucepan and bring to the boil. Add couscous and butter. Stir to combine then reduce heat to low, cover and simmer for 10 minutes or until the liquid has absorbed.
5. In the meantime, peel and deseed the roasted capsicums. Slice the capsicum into strips and place in a large bowl with chopped parsley and mint. Once the couscous has cooled slightly, add it to the bowl with a squeeze of lemon juice and stir to combine. Cover and refrigerate until ready to serve.
6. Heat a BBQ or grill over medium-high heat.
7. Lightly drizzle meatballs with a small amount of olive oil. Transfer to the BBQ or grill plate and cook for 4-5 minutes before turning. The meatballs will turn easily when ready. If they are sticking to the grill, allow further cooking time before turning. Cook for a further 4-5 minutes or until the meatballs are cooked through.
8. Serve the meatballs with couscous salad and lemon slices.



For this recipe blend:

25% Mushrooms + 75% Beef Mince

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



Beef & Mushroom Blended Pasties

Prep Time: 15 mins | Cook Time: 25 mins | Serves: 12

To make the Beef & Mushroom Blended Pasties

- 250g mushrooms, finely chopped
- 250g beef mince
- 1 tbsp olive oil
- ½ onion, diced
- 1 cup frozen mixed vegetables
- 1 beef stock cube
- 1 tbsp tomato paste
- 1 tbsp worcestershire sauce
- 2 tbsp water
- ¼ tsp salt
- ¼ tsp white pepper
- 3 sheets frozen shortcrust pastry, thawed
- 1 egg

Method

1. Preheat oven to 180°C and line two baking trays with baking paper.
2. Place oil in a large frying pan over medium heat. Add onion and cook, stirring for 2-3 minutes or until softened.
3. Add mushrooms and mince to the pan and cook, stirring for 3-4 minutes or until the mince is mostly cooked. Add frozen vegetables to the pan and cook, stirring for a further 2-3 minutes.
4. Add the stock cube, tomato paste, worcestershire sauce and water to the pan. Stir to combine. Reduce heat to low and simmer for 5 minutes for the sauce to reduce and thicken. Season to taste with salt and pepper.
5. Cut each sheet of pastry into quarters or use a round cutter to cut 4 rounds from each sheet.
6. To make the pasties, place a heaped dessert spoon of the blended mushroom, beef and vegetable mixture in the center of each piece of pastry then fold in half and crimp the edges together with your fingers or a fork. Transfer the pasties to the prepared baking trays.
7. Place egg in a small bowl and lightly whisk. Use a pastry brush to glaze the top of each pastie.
8. Bake for 15-20 minutes or until golden brown. Allow to cool for 5 minutes before serving.

THE BLEND



For this recipe blend:

50% Mushrooms + 50% Beef Mince

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



Beef & Mushroom Blended Pho

Prep Time: 20 mins | Cook Time: 10 mins | Serves: 4

To make the Meatballs

- 125g mushrooms, grated
- 375g beef mince
- 1 egg
- ¼ cup panko breadcrumbs
- 1 tbsp Thai basil, leaves chopped
- 1 tsp salt
- 1 tsp ground ginger
- 1 tsp ground coriander

To make the Broth

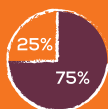
- 1 L beef bone broth or beef stock
- 4 slices ginger
- 2 cinnamon sticks
- 1 white onion, peeled and sliced
- 1 star anise
- 3 cardamom pods

To make the Pho

- 1 x 375g packet rice stick noodles
- 2 cups bean sprouts
- 1 bunch Thai basil
- 4 shallots, sliced
- 1 lime, cut into wedges
- 1 long red chilli, sliced
- Chilli sauce, optional
- Hoisin sauce, optional

Method

1. Add the ingredients for the meatballs to a large bowl. Mix to combine then roll into 12 meatballs. Cover and refrigerate until ready to cook.
2. Combine the ingredients for the broth in a large saucepan over high heat. Bring to the boil then reduce heat to low and simmer for 5 minutes.
3. Gently lower meatballs into the simmering broth and allow to poach for 7-10 minutes. Remove the meatballs from the broth with a slotted spoon and set aside.
4. Strain the broth to remove the flavour adding ingredients. Reserve the broth.
5. Bring a saucepan of water to the boil. Add the rice stick noodles and cook, stirring for 2-3 minutes. Strain and set aside.
6. To assemble the pho, divide the rice noodles between four bowls. Top with meatballs then pour the broth into each bowl.
7. Top with bean sprouts, thai basil leaves and shallots. Serve with a wedge of lime, chilli slices and sauces if using.



For this recipe blend:

25% Mushrooms + 75% Beef Mince

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



Beef & Mushroom Blended Teriyaki and Rice*

Prep Time: 10 mins | Cook Time: 30 mins | Serves: 2

To make the Beef & Mushroom Blended Teriyaki and Rice

- 250g mushrooms, diced
- 250g beef mince
- 1 tbsp peanut oil
- 4 cloves garlic, crushed
- 2cm piece ginger, peeled and grated
- ¼ cup soy sauce
- 2 tbsp brown sugar
- 1 tbsp honey
- 4 shallots, sliced
- 2 tbsp sesame seeds
- 1 cup rice
- 1 tbsp peanut oil
- 1 bunch broccolini, trimmed

*Quantities could be adjusted to 25% meat and 75% mushrooms for this recipe.

Method

1. Heat peanut oil in a wok over medium heat. Add the garlic and ginger and cook, stirring for 2-3 minutes or until fragrant.
2. Add the mince to the wok and cook, stirring for 4-5 minutes. Add the diced mushrooms and continue to cook for a further 2-3 minutes.
3. To make the teriyaki sauce, combine the soy sauce, sugar and honey in a jug. Stir until dissolved.
4. Pour the teriyaki sauce into the wok. Stir to combine then reduce heat to low and simmer for 10 minutes or until the sauce reduces and thickens.
5. In the meantime, prepare the rice. Place 2 cups of water in a saucepan and bring to the boil. Add rice to the pan. Stir to combine then reduce heat to low, cover and simmer for 12 minutes. Remove from the heat, leave the lid on and allow it to stand for 5 minutes before serving.
6. Heat peanut oil in a small frying pan over high heat. Add the broccolini and cook for 2-3 minutes.
7. Serve the teriyaki beef on a bed of rice with a side of broccolini. Top with shallots and sesame seeds.

THE BLEND



For this recipe blend:

50% Mushrooms + 50% Beef Mince

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



Cheesy Beef & Mushroom Blended Muffins

Prep Time: 15 mins | Cook Time: 30 mins | Serves: 12

To make the Cheesy Beef & Mushroom Blended Muffins

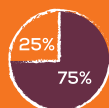
- 125g mushrooms, grated
- 375g beef mince
- ¼ cup breadcrumbs
- 1 egg
- 1 tbsp dried Italian herbs
- 1 tsp salt
- Cracked pepper, to taste
- ¼ cup tomato sauce
- ½ cup grated tasty cheese

Method

1. Preheat oven to 170°C and grease a 12-hole muffin tin with cooking spray.
2. Add the grated mushrooms, mince, bread crumbs, egg, Italian herbs and salt and pepper to a large bowl. Mix to combine.
3. Divide the meatloaf mixture evenly between the muffin tins.
4. Add a dollop of tomato sauce to the top of each meatloaf and top with grated cheese.
5. Bake for 25-30 minutes or until cooked through. Remove from the oven and set aside for 5 minutes to cool.
6. Serve as a snack or with a side salad or steamed vegetables.

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% Beef Mince

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



Cheesy Pork & Mushroom Blended Bolognese Bake*

Prep Time: 15 mins | Cook Time: 40 mins | Serves: 6

To make the Cheesy Pork & Mushroom Blended Bolognese Bake

- 250g mushrooms, finely chopped
- 250g pork and veal mince
- 2 tbsp olive oil
- 200g bacon, diced
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 ribs celery, diced
- 1 x 420g can condensed tomato soup
- 1 cup passata
- 1 tbsp Italian herb mix
- Salt and pepper, to taste
- 500g dried penne or spiral pasta
- 250g grated cheese
- Fior di latte, sliced
- Parsley, to serve

*Quantities could be adjusted to 25% meat and 75% mushrooms for this recipe.

Method

1. Preheat oven to 180°C.
2. Fill a large saucepan with water and bring to the boil. Add pasta and cook for 10 minutes, stirring occasionally. Strain and set aside.
3. Heat oil in a large frying pan over medium heat. Add onion and bacon to the pan and cook, stirring for 3-4 minutes. Add carrot and celery to the pan and cook for a further 3-4 minutes.
4. Add mince to the pan and cook, stirring until lightly browned. Add the mushrooms to the pan, cooking for 2-3 minutes.
5. Add tomato soup and passata. Season with salt and pepper then reduce heat to low and simmer for 10 minutes.
6. Fold the cooked pasta and half of the grated cheese through the sauce. Transfer the mixture to a rectangular baking dish. Top with the remaining grated cheese and fior di latte slices.
7. Place the pasta bake in the oven to cook for 15-20 minutes or until the cheese is melted.
8. Remove from the oven and allow to stand for 10 minutes before serving.
9. Serve with chopped parsley.



For this recipe blend:

50% Mushrooms + 50% Pork & Veal Mince

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Chicken & Mushroom Blended Avocado Burgers

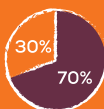
Prep Time: 20 mins | Cook Time: 15 mins | Serves: 4

To make the Chicken & Mushroom Blended Avocado Burgers

- 150g mushrooms, grated
- 350g chicken mince
- 1 egg
- ½ cup breadcrumbs
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp smoked paprika
- 1 tbsp vegetable oil
- 4 Turkish rolls
- 1 cup rocket or baby spinach leaves
- ¼ purple cabbage, shredded
- 1 avocado
- ½ lime, juiced
- ¼ cup English mustard
- 1 tbsp maple syrup
- 1 tbsp mayonnaise

Method

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Add the grated mushrooms, mince, egg, breadcrumbs, spices and seasoning to a large bowl. Mix to combine.
3. Divide the mixture evenly and shape into four patties.
4. Heat oil in a large frying pan over medium-high heat. Cook the patties for 4-5 minutes on each side. Remove from the pan and place on the prepared tray. Cover with foil and place in the oven to keep warm while you prepare the remaining ingredients.
5. Place Turkish rolls on a baking tray and in the oven for 5 minutes to warm slightly.
6. Place the avocado and lime juice in a small bowl. Use a fork to mash and mix to combine.
7. To make the sauce, combine the mustard, maple syrup and mayonnaise.
8. To assemble the burgers, cut the Turkish rolls in half then place the chicken patty on the base of each roll. Top with rocket or baby spinach, cabbage and a dollop of avocado. Finish with the mustard sauce.



For this recipe blend:

30% Mushrooms + 70% Chicken Mince

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



Chicken & Mushroom Blended Cacciatore Meatballs with Pasta

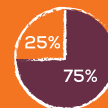
Prep Time: 20 mins | Cook Time: 20 mins | Serves: 4

To make the Chicken & Mushroom Cacciatore Meatballs with Pasta

- 125g mushrooms, grated
- 375g chicken mince
- ¼ cup bread crumbs
- 1 egg
- ¼ cup pitted olives, chopped
- ¼ cup semi dried tomatoes, chopped
- 1 sprig basil, leaves chopped
- 2 tbsp olive oil
- 1 red capsicum, diced
- 2 zucchinis, sliced
- 100g semi dried tomatoes
- 2 cups passata
- ½ cup white wine
- 1 vegetable stock cube
- 1 tsp brown sugar
- Salt and pepper, to taste
- 2 ½ cups dried pasta
- 3-4 sprigs parsley, roughly chopped
- 3-4 sprigs basil, leaves only

Method

1. Add the mushrooms, mince, breadcrumbs, egg, chopped olives, semi dried tomatoes and basil to a large bowl. Mix to combine then roll into 12 even meatballs.
2. Heat oil in a large frying pan over medium heat. Add the meatballs and cook for 2-3 minutes on each side.
3. Add the capsicum, zucchini and semi dried tomatoes to the pan. Cook, stirring for 4-5 minutes or until softened.
4. Add passata, white wine, stock cube and sugar to the pan. Stir to combine. Reduce heat to low and simmer for 5-10 minutes or until the sauce thickens. Season to taste with salt and pepper.
5. Fill a large saucepan with water and bring to a boil. Add pasta and cook for 12 minutes, stirring occasionally. Strain pasta.
6. Serve the chicken cacciatore meatballs on a bed of pasta. Top with chopped parsley and basil leaves.



For this recipe blend:

25% Mushrooms + 75% Chicken Mince

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



Chicken & Mushroom Blended Vietnamese Patties with Vermicelli Salad

Prep Time: 20 mins | Cook Time: 10 mins | Serves: 4

To make the Vietnamese Chicken Patties

- 125g mushrooms, grated
- 375g chicken mince
- 2 shallots, finely chopped
- 2 sprigs coriander, finely chopped
- ½ red chilli, deseeded and finely chopped
- 1 egg
- ⅓ cup rice flour
- 1 tbsp peanut oil

To make the Vermicelli Salad

- 125g dried vermicelli noodles
- 1 large carrot, peeled and grated or cut into matchsticks
- 1 Lebanese cucumber, sliced
- 3 shallots, sliced
- ¼ bunch coriander, roughly chopped
- ⅓ cup mint leaves, roughly chopped

To make the Dressing

- Juice and zest of 1 lime
- ¼ cup fish sauce
- 2 tbsp rice vinegar
- 2 tbsp brown sugar
- 1 clove garlic, crushed
- ¼ large red chilli, finely chopped

Method

1. Add the ingredients for the chicken patties to a large bowl. Mix to combine then roll into 12-14 patties. Keep your hands wet when rolling the patties as the mixture will be quite sticky. Cover and refrigerate until ready to cook.
2. Fill a small saucepan with water and bring to a boil. Place the vermicelli noodles in the boiling water and allow to cook for 2-3 minutes. Remove the noodles from the water and rinse under cold running water. Set aside in a large bowl and allow to cool.
3. In the meantime, prepare the dressing by combining the ingredients for the dressing in a glass jar of jug. Shake or stir to combine.
4. Assemble the salad by adding the carrot, cucumber, shallots and herbs into the bowl with the vermicelli noodles. Add the dressing and toss to coat.
5. Heat oil in a large frying pan over medium heat. Cook chicken patties for 4-5 minutes on each side.
6. Serve the chicken patties on a bed of the vermicelli salad.



For this recipe blend:

25% Mushrooms + 75% Chicken Mince

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



Lamb & Mushroom Blended Halloumi & Grilled Vegetable Burger with Pesto Mayo

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

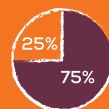
To make the Lamb & Mushroom Blended Halloumi & Grilled Vegetable Burger with Pesto Mayo

- 150g mushrooms, grated
- 350g lamb mince
- 1 egg
- ½ cup breadcrumbs
- 225g halloumi (⅓ cup grated)
- 1 tsp salt
- Freshly ground black pepper
- 2 tbsp vegetable oil
- 4 burger buns
- 2 zucchinis, cut into ribbons
- 1 red capsicum, cut into cheeks
- 4 large butter lettuce leaves
- ½ cup basil pesto
- 2 tbsp mayonnaise

Method

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Add the grated mushrooms, mince, egg, breadcrumbs, grated halloumi and seasoning to a large bowl. Mix to combine.
3. Divide the mixture evenly and shape into four patties.
4. Heat BBQ plate or griddle pan over medium-high heat. Cook the patties, two at a time for 3-4 minutes on each side. Remove from the pan and set aside on the prepared tray. Repeat with the remaining two patties.
5. Slice the remaining halloumi.
6. Grill halloumi, zucchini and capsicum on a BBQ plate or griddle pan. Place in the oven to keep warm.
7. Place the burger buns in the oven for 2-3 minutes to warm slightly.
8. Combine the basil pesto and mayonnaise in a small bowl.
9. To assemble the burgers, place the patty on the base of each bun. Top with lettuce, grilled halloumi, zucchini and capsicum. Serve with pesto mayonnaise.

THE BLEND



For this recipe blend:

25% Mushrooms + 75% Lamb Mince

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



Lamb & Mushroom Blended Keema Curry

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

To make the Lamb & Mushroom Blended Keema Curry

- 250g mushrooms, finely diced
- 250g lamb mince
- 1 tbsp ghee
- 1 onion, diced
- 2 cloves garlic, crushed
- 4cm piece ginger, grated
- 3 tbsp Indian Spice mix or curry powder of your choice
- 2 tbsp tomato paste
- 1 tsp salt
- 1 x 270ml can coconut milk
- 1 cup frozen mixed vegetables
- 2 cups rice
- Coriander, to serve
- Natural yoghurt, to serve

Method

1. Heat ghee in a large frying pan over medium-high heat. Add onion, garlic and ginger to the pan. Cook, stirring for 2-3 minutes or until fragrant.
2. Add the mince to the pan and cook, stirring for 3-4 minutes. Add the mushrooms and continue to cook for a further 1-2 minutes.
3. Add the Indian spice mix or curry powder to the pan. Stir to combine then add the tomato paste and salt.
4. Reduce heat to low then add the coconut milk and frozen vegetables to the pan. Allow to simmer for 5-10 minutes or until the curry has thickened and vegetables are cooked through.
5. In the meantime, prepare the rice. Place 4 cups of water in a large saucepan and bring to the boil. Add rice to the pan. Stir to combine then reduce heat to low, cover and simmer for 12 minutes. Remove from the heat, leave the lid on and allow it to stand for 5 minutes before serving.
6. Serve the curry on a bed of rice. Top with coriander leaves and a dollop of yoghurt.

DID YOU KNOW...

BOOST
FLAVOUR

Mushrooms have a natural umami flavour so when added to mince, they make meals taste juicier and meatier.



For this recipe blend:

50% Mushrooms + 50% Lamb Mince

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



Lamb & Mushroom Blended Rosemary Pies

Prep Time: 20 mins | Cook Time: 40 mins | Serves: 24

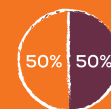
To make the Lamb & Mushroom Blended Rosemary Pies

- 250g mushrooms, finely chopped
- 250g lamb mince
- 4 sheets frozen shortcrust pastry, thawed
- 3 sheets frozen puff pastry, thawed
- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 2 sprigs rosemary, chopped
- 1 ½ tbsp gravy powder
- ½ cup red wine
- 2 tbsp tomato paste
- 1 egg
- Rosemary, finely chopped, to serve

Method

1. Preheat oven to 170°C and prepare two 12-hole muffin trays.
2. Use a round cookie cutter to cut 6 rounds from each sheet shortcrust pastry. Place pastry rounds in the muffin tray. Press down to form a case with at least a 1cm lip on the sides. Prick each case 1-2 times with a fork. Top each pastry case with a paper cupcake wrapper and fill with baking weights or 1 tablespoon of dried rice.
3. Blind bake the pastry for 10 minutes. Remove the weights and paper cases. Leave the pastry cases in the muffin tray and allow to cool.
4. In the meantime, prepare the pie filling. Heat the oil in a large frying pan over medium heat. Cook the onion, garlic and rosemary for 2-3 minutes or until softened and fragrant. Add the mince to the pan and cook for 4-5 minutes, stirring to break up the lumps. Add the mushrooms to the pan. Cook, stirring for 2-3 minutes.
5. Sprinkle the gravy powder over the mince mixture. Stir to combine then add the red wine and tomato paste. Reduce heat to low and simmer for 5-10 minutes or until the sauce has thickened.
6. Fill each of the pastry cases with the lamb and rosemary mixture.
7. Use a round cookie cutter to cut 8 rounds from each sheet of puff pastry. Top each of the pie cases with puff pastry. Pierce with a fork.
8. Lightly whisk egg in a small bowl. Use a pastry brush to glaze the top of each pie before baking. Sprinkle with extra chopped rosemary.
9. Bake for 10 minutes or until crisp and golden brown.

THE BLEND



For this recipe blend:

50% Mushrooms + 50% Lamb Mince

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



Lamb & Mushroom Blended Turkish Pide Pizza

Prep Time: 10 mins | Cook Time: 30 mins | Serves: 4

To make the Lamb & Mushroom Blended Turkish Pide Pizza

- 125g mushrooms, finely chopped
- 375g lamb mince
- 2 tbsp tomato paste
- 1 tbsp smoked paprika
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 tsp salt
- 4 pieces Lebanese bread
- ¼ cup pine nuts
- 1 tbsp olive oil
- ½ Spanish onion, thinly sliced
- 1 tbsp dried oregano, to serve
- ¼ lemon, cut into wedges, to serve
- ½ cup rocket leaves, to serve

Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Add mushrooms, mince, tomato paste, spices and salt to a large bowl. Mix to combine.
3. Place one piece of Lebanese bread on each of the prepared trays. Spread a thin layer of the mushroom and mince mixture over the base of each piece of bread.
4. Sprinkle with pine nuts then place in the oven to bake for 10-12 minutes.
5. Once the pizza is cooked through and crunchy on the outside, remove from the oven.
6. Scatter onion rings over the pizza. Drizzle with olive oil and a sprinkle of dried oregano. Serve with rocket leaves and a wedge of lemon.
7. Repeat this process to make the remaining 2 pizzas.

DID YOU KNOW...

**EAT LESS
RED MEAT**

The Blend is an easy to adopt cooking method for those wanting to reduce their meat intake.



For this recipe blend:
25% Mushrooms + 75% Lamb Mince
For more recipes, visit www.blenditarian.com.au



Pork & Mushroom Blended Mexican Meatball Subs

Prep Time: 15 mins | Cook Time: 30 mins | Serves: 4

To make the Pork & Mushroom Blended Mexican Meatball Subs

- 125g mushrooms, grated
- 375g pork mince
- ¼ cup bread crumbs
- 1 egg
- 1 x 30g packet Mexican taco seasoning
- 2 tbsp chopped coriander
- 1 x 300g jar tomato salsa
- 1 cup grated cheese
- 4 long bread rolls
- 1 avocado, diced
- ¼ cup jalapenos
- Coriander, to serve

Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Add mushrooms, mince, bread crumbs, egg, 1 tablespoon of the Mexican taco seasoning and chopped coriander to a large bowl. Mix to combine then roll into 12 evenly-sized meatballs.
3. Place the meatballs on the prepared baking tray. Bake for 10-15 minutes or until cooked through.
4. In the meantime, combine the salsa and remaining Mexican taco seasoning in a small saucepan over medium heat. Bring to the boil then reduce heat to low and allow to simmer for 5 minutes.
5. Remove meatballs from the oven and place in the saucepan with the sauce. Continue to simmer for 5 minutes.
6. Cut each bread roll in half. Place 3 meatballs in each roll and top with grated cheese. Place in the oven to bake for 5 minutes or until the cheese is melted.
7. Remove from the oven and top each sub with diced avocado, jalapenos and extra coriander.

DID YOU KNOW...

BETTER FOR
THE PLANET

Mushroom farmers use sustainable farming practices that are gentle on the planet.

THE BLEND



For this recipe blend:

25% Mushrooms + 75% Pork Mince

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



Pork & Mushroom Blended Schnitzel Meatballs

Prep Time: 35 mins | Cook Time: 10 mins | Serves: 24

To make the Pork & Mushroom Blended Schnitzel Meatballs

- 150g mushrooms, grated
- 500g pork mince
- 1 slice stale bread
- 2 tbsp milk
- 1 egg
- ¼ cup breadcrumbs
- 1 tsp salt
- ½ cup flour
- ½ cup milk
- 1 egg
- 1 cup breadcrumbs
- ½ cup vegetable oil
- Mixed salad leaves, to serve
- ½ lemon, cut into wedges, to serve

Method

1. Place bread in a small bowl and cover with milk. Allow to stand for 1-2 minutes.
2. Combine mushrooms, mince, egg, breadcrumbs and salt in a large bowl. Add the soaked bread. Mix to combine then roll into 24 bite-sized meatballs.
3. Prepare the crumbing stations with three separate bowls. Place flour in one bowl, milk and egg, lightly beaten, in another bowl and bread crumbs in the third bowl.
4. To crumb the meatballs, gently coat each meatball in flour, then dip in the egg mixture before coating in the breadcrumbs. Arrange in a single layer on a plate or tray. Cover and refrigerate for at least 30 minutes.
5. Repeat the crumbing process again to double crumb the meatballs.
6. Heat oil in a large frying pan over medium heat. Add the meatballs to the hot oil and fry until golden before turning. The meatballs will need 2-3 minutes on each side.
7. Remove meatballs from the pan and place on a plate lined with absorbent paper. Season to taste with salt and serve the meatballs with a side salad and wedge of lemon.



For this recipe blend:

25% Mushrooms + 75% Pork Mince

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



Pork & Mushroom Blended Spicy Blistered Beans

Prep Time: 10 mins | Cook Time: 10 mins | Serves: 4

To make the Pork & Mushroom Blended Spicy Blistered Beans

- 125g mushrooms, finely chopped
- 375g pork mince
- 2 tbsp peanut oil
- 500g green beans, topped and tailed
- 4-5 whole dried chillies
- 4 cloves garlic, peeled and sliced
- 1 tbsp coriander seeds
- 1 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 1 tsp chilli flakes
- 1 tsp sugar

Method

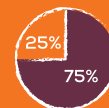
1. Place 1 tablespoon of oil in a large wok over high heat. Add the beans to the pan. Cook, tossing for 2-3 minutes.
2. Add dried chillies, garlic and coriander seeds to the pan. Continue to cook, tossing for 1-2 minutes or until fragrant.
3. Remove the beans from the wok and set aside on a serving plate.
4. Return the wok to the heat with the remaining oil. Add the pork to the wok and cook, stirring for 2-3 minutes. Add the mushrooms to the wok and cook for a further 1-2 minutes.
5. Add the soy sauce, rice vinegar, chilli flakes and sugar to the wok. Stir to combine then reduce the heat to low and simmer for 5 minutes.
6. Spoon the mushroom mixture over the beans and serve.

DID YOU KNOW...

**\$AVE
MONEY**

Adding mushrooms to minced meat dishes makes larger portion sizes, to save you money.

THE BLEND



For this recipe blend:

25% Mushrooms + 75% Pork 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

Summer
MUSHROOMS+MINCE
THE BLEND

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



More mouth-watering juicy blended recipes at www.blenditarian.com.au