

Breakfast Burger Sandwich with Gusta's Seitan



Discover our mouthwatering breakfast sandwich recipe featuring Gusta's seitan burger, topped with flavorful mushrooms, egg, and melted Swiss cheese. Ready to tantalize your taste buds in the morning, this vegetarian sandwich will satisfy you with its delicious flavors and irresistible texture.

Preparation 3 min

Cooking 7 min

Servings 1

Nutrition Facts (per serving)

Calories 530

Fat 25

Carbohydrates 34

Fibre 6

Protein 42

Sodium 820

Ingredients

- 1 - 1.5 cm (0.6 in.) slice of Gusta sliced seitan burger
- 60 ml (¼ cup) white mushrooms, sliced
- 1 slice Swiss cheese
- 5 ml (1 tsp) butter
- 1 large egg

- 5 ml (1 tsp) light mayonnaise
- 1 tomato slice
- 60 ml (¼ cup) arugula
- Pepper and salt to taste

Preparation

1. In a skillet over high heat, grill the seitan and mushrooms for 5 minutes. At the end of cooking, add the cheese slice on the hot seitan. Set aside.
2. In the same skillet over high heat, cook the egg according to your preference in butter for 2 minutes. Season with pepper and salt. Set aside.
3. Assemble the sandwich by putting the mayonnaise on the toasted English muffin first, then topping with all the other ingredients. Enjoy.

Notes



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