



Quinoa, Beef & Courgette Burgers

Serves 8

- 1 courgette, grated
- 14 oz. (400g) lean, ground beef
- 1 cup (185g) quinoa, cooked
- 2 cloves garlic, minced
- 1 egg, beaten
- 1 tsp. salt and pepper
- 2 tbsp. olive oil

What you need to do

1. Grate the courgette and squeeze out any excess moisture using some clean kitchen towel.
2. Transfer the courgette into a bowl. Add the beef, quinoa, garlic, egg, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper. Combine all the ingredients together using clean hands.
3. Form the mixture into 8 patties. Heat a part of the oil in a grill pan over medium-high heat, and cook the burgers 5-6 minutes each side.
4. The burgers can be stored in an airtight container in the refrigerator for 3-4 days.



GF DF LC MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	30 mins	160	10	6	12

*Nutrition per serving