

Courgette Burgers

This delicious recipe adds variety to the menu during a courgette glut. The quantity of courgettes isn't crucial, but try to aim for a balance between courgette and onion.

Ingredients

- Equivalent of four courgettes grated (you could use a food processor for this)
- 1 onion grated (you could use a food processor for this)
- Choice of herbs or spices - see variations
- black pepper
- 1 large egg beaten
- 75 g fresh breadcrumbs
- 50 g self-raising flour
- Oil for frying

Method

1. Grate the courgette by hand or use a food processor with grater attachment
2. Place grated courgettes in a muslin bag (or a clean tea towel) and squeeze out as much liquid as possible (This is important to avoid the mixture being too wet)
3. Grate onion
4. Place breadcrumbs, flour, seasoning and flavouring into a bowl and combine well
5. Mix in the beaten egg
6. Add grated courgettes and onions and mix well.
7. Shape the mixture into approximately eight burgers (size is down to your preference)
8. Heat oil in a frying pan
9. Fry the burgers until golden brown on each side.



Variations

Add one of the following (or your own choice of ingredients) to taste:

- Chopped fresh herbs such as mint, coriander, chives etc
- Ground spices such as cumin or a mixture of curry spices.
- Grated cheese
- Chopped bacon
- Grated carrot
- Sweetcorn kernels