

Quinoa, Beef & Zucchini Burgers

Serves 8

1 zucchini, 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 zucchini and squeeze out any excess moisture using some clean kitchen towel.
2. Transfer the zucchini into a bowl. Add the beef, quinoa, garlic, egg, 1 teaspoon of salt, and ¼ 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
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	30 mins	160	10	6	12

*Nutrition per serving