



QUINOA, BEEF & ZUCCHINI BURGERS

INGREDIENTS

- 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



DIRECTIONS

- Grate the zucchini and squeeze out any excess moisture using a clean kitchen towel.
- 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.
- 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.
- The burgers can be stored in an airtight container in the refrigerator for 3-4 days.