

IMAGE

GALLERY

## Grated Courgette Burgers

Grated courgette burgers are delicious served hot or cold with a salad. With the addition of olive oil and mustard these vegetarian burgers are tasty and are brilliant stuffed into a pitta bread for to-work lunches.

---

## Ingredients

1 medium courgette, grated

1 shallot, finely chopped

1 tsp fresh root ginger, grated

1 tsp green chilli, finely chopped

1 tsp wholegrain mustard

1 medium egg, beaten

2 tbsp fresh coriander, roughly chopped

1 tbsp vegetable oil

2 wholemeal pitta bread, to serve

---

---



Leave Comment

---

Add Review



Your Comment

---

Your Name

Your Email

Submit

## Recent Posts

Foods To Eat In May

Dealing With Post Easter Cravings

Recipe Of The Week – Cherry & Rocket Salad

Tips & Foods To Reduce Blood Pressure

Target Specific Health Complaints Through Water

## Most Viewed Recipes



Cucumber Cups

👁 164



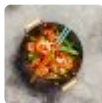
Winter Warming Porridge

👁 142



Apple and Peanut Butter Slices

👁 106



Simple Mid-week Stir-frys

👁 94



Rocket and Grapefruit Salad with Grilled Fish

## Top F



Spicy Portol

Portol



Copyrights 2019 © [The Healthy Employee Ltd](#) Registered in England: 07773695 | VAT No. GB 263862972

Please upgrade to a **supported browser** to get a reCAPTCHA challenge.

**Why is this happening to me?**