



# Courgette & Halloumi Burgers

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**CAL: 405    PROTEIN: 24    CARBS: 30    FIBRE: 5    FAT: 21**



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**SERVES:**  
5



**TIME:**  
35 minutes



## INGREDIENTS

2 1/2 courgette, grated  
375g haloumi, grated  
375g sweet potatoes grated  
1 1/4 tbsp plain flour  
Salt & pepper  
5 tsp mayonnaise  
3 tomatoes, chopped  
5 slices roasted capsicum  
5 burger buns

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## INSTRUCTIONS

Firstly, place the grated courgette in between a tea towel or some paper towel and squeeze out as much liquid as possible. Transfer to a large bowl and add haloumi, sweet potato, flour, salt & pepper. Mix to combine.

Create 5 patties out of the mixture (squeeze out an additional excess fluid)

Bring a non-stick pan to medium-low heat and cook patties for about 5 minutes on each side or until nice and golden on both side.

Spread a tsp of mayonnaise on each bun, add tomato and red peppers and one pattie on each.

Serve with a green side salad, if you desire.

## MACROS

Calories: 405  
Protein: 24  
Carbs: 30  
Fat: 21  
Fibre: 5