



## OVEN BAKED COURGETTE PATTIES

<b>Season:</b>	<b>Summer, autumn</b>
<b>From the garden:</b>	<b>Courgette, eggs, parsley</b>
<b>Type:</b>	<b>Main</b>
<b>Difficulty:</b>	<b>Easy</b>
<b>Country of origin:</b>	
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b><a href="http://tamingtwins.com">tamingtwins.com</a></b>

### Equipment

- \*chopping board and knife
- \*grater
- \*bowls
- \*scales
- \*mixing spoon
- \*measuring cup and spoons
- \*clean tea towel
- \*baking tray

### Ingredients

- \*3 med. courgette
- \*75 g grated cheese
- \*2 eggs
- \*2 cloves garlic
- \*1 small red onion
- \*1 ⅓ cup bread crumbs
- \*1 tsp dried oregano
- \*handful fresh herbs (parsley, dill, mint...)
- \*1 tsp salt and pepper to taste

### Method :

- 1.preheat oven to 200 degrees
- 2.grate courgette

- 3.put the grated courgette in a clean tea towel, fold the corners together and and squeeze out as much liquid as possible
- 4.grate the cheese
- 5.peel the onion and garlic and chop up finely
- 6.chop the herbs finely
- 7.mix all the ingredients together in a a large bowl
- 8.using wet hands, shape the mixture into flat patties and place them on an oiled baking tray (or line baking tray with baking paper)
- 9.bake for around 20-25 minutes until browned and cooked through

**Skills:** measuring, *mixing*, *grating*, *shaping*