



OVEN BAKED COURGETTE PATTIES WITH TZATZIKI

Season: Summer, autumn
From the garden: Courgette, eggs, parsley, mint, cucumber
Type: Main
Difficulty: Easy
Country of origin:
Serves: 6 serves or 30 tastes
Source: tamingtwins.com

Equipment	Ingredients
*chopping board and knife	*3 med. courgette
*grater	*75 g grated cheese
*bowls	*2 eggs
*scales	*2 cloves garlic
*mixing spoon	*1 small red onion
*measuring cup and spoons	*1 1/3 cup bread crumbs
*baking tray	*1/3 cup plain flour
*clean tea towel	*1 tsp dried oregano
	*handful fresh herbs (parsley, dill, mint...)
	*1 tsp salt and pepper to taste

For the tzatziki:
*grater
*garlic press
*bowl

*1 large cucumber
*1 small clove garlic
*handful of mint

*measuring cup and spoons

*1 cup plain yogurt or sour cream

*citrus juicer

*1 tbsp lemon juice

*clean tea towel

*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

10.for the tzatziki, cut the cucumber in half lengthwise and and using a spoon, scrape the seeds out

12.grate the cucumber

13.using your hands, or by placing the grated cucumber in a clean tea towel, squeeze out as much liquid as possible

14.peel the garlic and squeeze it through the garlic press, juice lemon

15.chop the mint finely

16.mix all the ingredients in a bowl and chill in the fridge till needed

17.serve with the courgette patties

Notes:

Skills: measuring, *mixing, grating, shaping*

