

Halloumi Burgers

Per serving (with salad): 586 calories, 10g of carbs, 36g protein, 43g of fat

Makes 8 cakes Serves 4 – counted on the app SENZA

Ingredients

FOR THE BURGERS:

- 450-500g of haloumi cheese
- 2 small courgettes grated (400g)
- 1 small carrot grated (100g)
- 1 tbsp of freshly chopped red chilli (10g)
- 1 tsp of ginger finely grated (8g)
- 2 large spring onions (80g)
- 50g of ground almonds
- 1 tbsp of fresh mint chopped (10 leaves)
- 1 tbsp of fresh coriander
- 1 tbsp of tamari
- 2 eggs
- 1 tbsp of coconut flour (just use extra almond if you don't have this)

FOR THE DRESSING:

- 1 tbsp of red chilli
- 1 clove of garlic
- 1 tsp of ginger finely grated (8g)
- 1 tsp of freshly chopped coriander
- 1 tbsp of tamari
- 1 tbsp of olive oil
- The juice of a lime
- 50ml of water
- 1 tsp erythritol sweetener
- *Blend everything together*

SIDE SALAD (per person)

A handful of leaves with cucumber and onion.

Directions

1. Grate carrot and courgette, sprinkle with salt and set aside to remove excess liquid.
2. Grate the haloumi and add to a large mixing bowl. To this add the chopped mint and coriander, chopped scallions, diced chilli pepper, grated ginger and tamari.
3. This part is really important so the burgers don't fall apart; once the carrot and courgette have been left to stand for 10-15 minutes squeeze out all of the excess water using muslin cloth or a dish towel; remove at least 1 cup of liquid.
4. Add the courgette and carrot to the mixing bowl giving the ingredients a quick stir before adding the beaten egg, again mix to combine so all ingredients are moist and then add in the coconut flour and ground almonds.
5. Line a baking tray with parchment paper and form 8 round burgers using your hands.
6. Bake for 25 minutes at 200 °C before removing and serving with dressed salad.

