



## Courgette Balls



### Ingredients

- ½ kilo courgettes grated and left to drain (to remove excess water)
- 1 large onion, grated
- ½ cup of finely chopped parsley
- ½ cup of finely chopped mint\*
- 2 cloves garlic, grated\*
- ½ cup grated hard cheese\*
- Salt & pepper
- Fine breadcrumbs
- 1 egg

### Method

- In a bowl place the grated courgettes, onion, parsley, salt, pepper, egg and enough breadcrumbs to make the 'balls' fairly firm.
- These can be shallow fried as they are or roll them in breadcrumbs if you prefer a slightly more crispy coating.

\* You can add optional ingredients according to taste - mint, garlic and/or grated hard cheese.

*Jackie's Tip - Instead of courgettes you can use grated mushrooms, but these need to be made, cooked and eaten straight away as they cannot be left in the fridge for use later because of the water content.*