

ZUCCHINI and VEGETABLE SLICE

INGREDIENTS (serves 10)

3 zucchini, medium, grated
3 carrot, medium, grated
1 onion, medium, sliced finely
3 cloves garlic, crushed
1 cup green peas,
5 mushrooms, grated
6 Brussel sprouts, sliced finely
6 leaf/piece, mature spinach, sliced finely
50 g cheese, cheddar, grated
180 g, cheese, haloumi, cut into small cubes
8 eggs, extra large, whisked
1 tspn white pepper
1 chilli, small, with or without seeds, chopped finely
5mL, fish sauce,
1 pinch, Curry powder
1 ½ cups, wholemeal, self-raising flour

METHOD

Mix all ingredients together in a bowl and then place in a greased roasting tray

Cook for 30-40 mins at 180C, or until cooked and slightly browned on top.

NUTRITION INFORMATION (per serve)

Carbohydrate	29.21g
Fat	9.76g
Saturated Fat	4.19g
Energy	1230.47 kJ
Dietary Fibre	8.59g
Protein	17.62g
Sugar	4.91g