

Zucchini-Vegetable Slice

Serves: 1

Prep time: 5 Minutes

Cooking time: 25-30 Minutes

Ingredients:

- 120g grated zucchini
- 1 small brown onion, chopped
- ½ cup grated cheese
- ½ cup frozen vegetables (I used carrot, corn & peas)
- 2 tablespoons self-raising flour
- 1 tablespoon oil
- 2 eggs
- salt and pepper

*Your optional extras

- bacon/ham, chopped
- capsicum, chopped
- parsley, chopped
- add what you like

Method:

Preheat oven 180°C

- Beat the eggs in a bowl and add all the ingredients and mix well
- Grease a small (10cmx15cm) ovenproof dish and pour in the egg mixture
- Place in **preheated oven** and cook for 25-30 minutes or until golden in colour

Note:

Ovenproof dishes are available in many sizes in the kitchen storages section of department stores, they are great when cooking meals for one.

If using **optional extras** you may need to add an extra egg if the mixture is dry and use a slightly larger dish.



So-So Easy, great for lunch & picnic's