



GF Friendly

Zucchini Slice

Egg-based dish for main course, entrée or finger-food

- 375g Zucchini (courgette)
- 1 large onion
- 3 rashers lean bacon
- 1 cup grated cheese
- 1 cup self-raising flour
- 1/3 cup extra virgin olive oil
- 5 eggs
- Salt, pepper



Remove fat and rind from bacon, chop finely, then place in a pan, cover with water (2 centimetres over the top of the meat) and boil for 5 minutes. Drain and set aside. The boiling stage can be skipped, but it does help to soften the meat and, more importantly, reduces the fat and salt.

Wash the zucchini, cut off the stalk and end, but don't peel. Coarsely grate this into a bowl. Peel and finely chop the onion, then mix well with the zucchini, bacon, cheese, sifted flour, oil and lightly beaten eggs. Season with salt and pepper.

Line a slice or lamington tin (16cm x 26cm) with baking paper. Bake on 180°C (160°C fan forced) 30 to 40 mins or until browned.

Serves 4 – 6

freezes well

This dish is like a quiche minus the pastry and can be served hot or cold with salad. Cut into small strips or 3cm cubes it will make 20-40 snack-size party pieces.

Apart from the eggs, flour and oil, the other ingredients aren't critical and can be adapted to suit taste and dietary requirements. Try grated carrot, turnip or sweet potato, and different meats such as cooked chicken or sausage.

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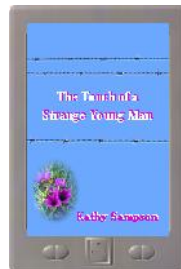
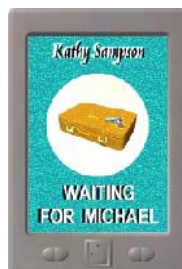
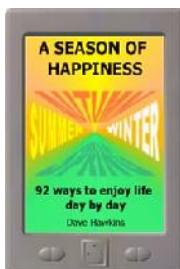
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