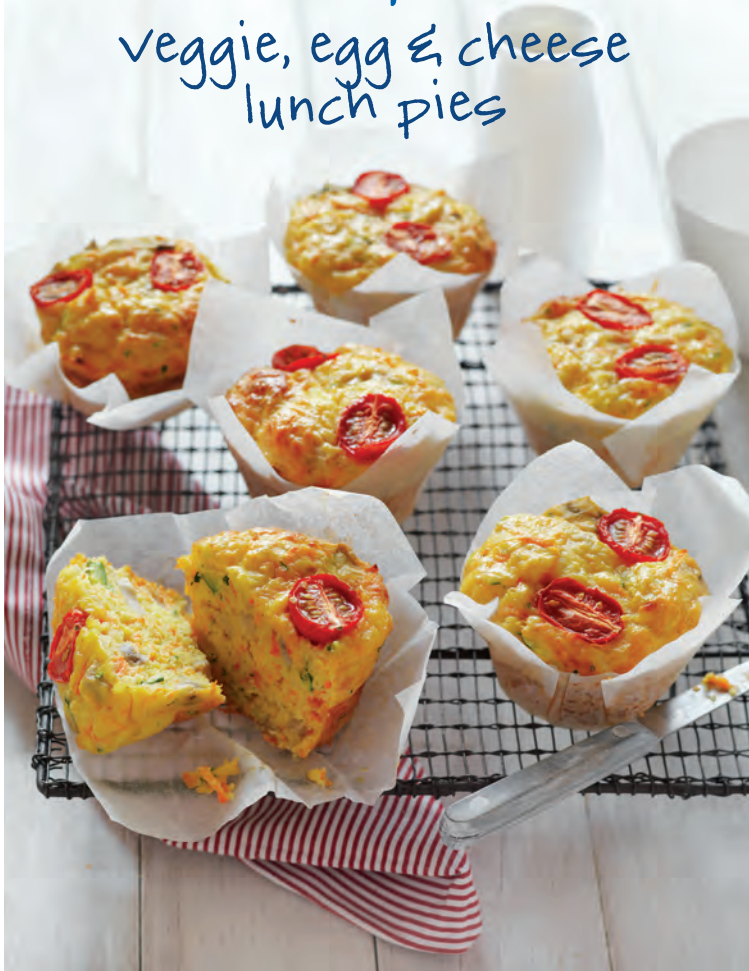


SYDNEY MARKETS
fresh for
Kids

veggie, egg & cheese lunch pies



veggie, egg & cheese lunch pies

Preparation 30 mins | Cooking 40 mins | Makes 6

- 2 tbs oil
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 100g button mushrooms, chopped
- 1 medium zucchini
- 1 medium carrot
- 5 free-range eggs, at room temperature
- 1 cup reduced fat grated tasty cheese
- 1 cup self-raising flour
- 6 cherry tomatoes, halved

STEP 1 Preheat oven to 180°C/160°C fan-forced. Line a 6 hole x ¾ cup capacity muffin pan with muffin wrappers.

STEP 2 Heat oil in a medium frying pan over medium heat. Add onion and garlic and cook, stirring often, for 4-5 minutes until tender. Add mushrooms and cook, stirring often, for 2-3 minutes until softening. Remove and cool slightly.

STEP 3 Coarsely grate zucchini, place in a sieve and press to remove excess water. Coarsely grate carrot. Whisk eggs in a bowl until well combined. Add cheese, flour, zucchini and carrot. Season with salt and pepper. Stir until well combined. Evenly spoon mixture into prepared pan. Top each with a cherry tomato. Bake for 25-30 minutes. Cool in pan for 10 minutes then transfer to a wire rack to cool. Serve warm or refrigerate and pop into the school lunch box.

Good for you... **MUSHROOMS**

Fresh mushrooms have virtually no fat, are low-in kilojoules, and are a good source of several B vitamins as well as potassium and selenium.



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