

SYDNEY MARKETS
fresh for Kids

Zucchini, tomato, bacon & egg slice



Zucchini, tomato, bacon & egg slice

Preparation 20 mins | Cooking 50 mins | Serves 6-8

This slice is great served hot, and just as good served cold in the school lunch box.

- ½ cup rice bran oil
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 175g rindless short cut bacon, roughly chopped
- 350g (about 2) zucchini, coarsely grated
- 1 cup grated reduced fat tasty cheese
- 1 cup self-raising flour
- 5 free-range eggs, lightly beaten
- 125g cherry or grape tomatoes, halved
- Green salad, to serve

STEP 1 Preheat oven 180°C/160°C fan-forced. Line a greased slice pan (about 16cm wide x 26cm long) with baking paper.

STEP 2 Heat 2 tbs oil in a medium frying pan over medium heat. Add onion, garlic and bacon and cook, stirring often, for 5 minutes until tender. Set aside to cool for 10 minutes. Transfer to a large bowl.

STEP 3 Add zucchini, cheese, flour, eggs and remaining oil to bacon mixture. Season with salt and pepper. Stir until well combined. Spoon into prepared pan and smooth top. Arrange tomatoes over mixture. Bake for 45-50 minutes until golden and firm to touch. Cool in pan for 10 minutes. Transfer to a board, slice and serve with a green salad.

Good for you... ZUCCHINI

Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections. Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.



SYDNEY MARKETS For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SPR13