Zucchini, carrot and feta slice

Preparation time
25 minutes

Cooking time
35 minutes

Serves
4

Recipe courtesy of
Anika Rouf, Accredited Practising Dietitian (APD)

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients | Method | Nutrition

- extra virgin olive oil (spray)
- 2 medium zucchinis, grated
- 3 medium carrots, grated
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 60g Danish feta

100g self-raising wholemeal flour

3 eggs, lightly beaten

1/3 cup skim milk

3 tbsp extra virgin olive oil

80g breast chicken or other leftover meat

pepper

herbs of your choice

1. Preheat oven to 160°C (fan-forced).
2. Lightly spray square tray with extra virgin olive oil.
3. Grate vegetables, prepare onion and garlic.
4. Combine carrot, zucchini, onion, cheese and flour.
5. Add any leftover meat you would like to use (chop into small pieces first).
6. Season with pepper and herbs of your choice.
7. Add in milk, eggs and oil and mix well.
8. Spread mixture evenly into baking tray.
9. Bake for 30-35 minutes or until golden brown.

Nutritional information is provided per serve

Engery	1632kJ (390 calories)
Protein	18g
Saturated Fat	5g
Total Fat	22g
Carbohydrates	25g
Sugars	9g
Dietary Fibre	9g
Sodium	462mg