

Vegetable Slice

Bialik College Kitchen Garden Program



Ingredients:

- 10 eggs, lightly whisked
- 2 cups self-raising flour
- 750g grated veggies (zucchini, carrot, potato, swede, etc... from garden)
- 1 red capsicum, sliced into thin strips
- 1 large onion, finely chopped
- 2 cups grated cheddar cheese
- 2 tablespoons herbs from the garden, chopped
- 1 teaspoon salt
- pepper
- ½ cup rice bran oil
- cooking spray

Equipment:

- lamington pan
- grater
- chopping board
- cook's knife
- metric measuring spoons/cups
- large bowl
- wooden spoon

Method:

1. Preheat oven to 170C.
2. Prepare all ingredients as stated above.
3. Grease lamington tin lightly with cooking spray.
4. Beat eggs in a large bowl until well combined. Add flour and beat until smooth with wooden spoon.
5. Add onion, veggies, cheese, herbs, oil and salt/pepper.
6. Pour into the pan and bake in the oven for approximately 45 minutes.