

Summer Slice

Bialik College Kitchen Garden Program



Ingredients:

- 2 medium zucchini, coarsely grated
- ½ teaspoon salt
- 1 brown onion, finely diced
- ½ cup self-raising flour (can use GF)
- ½ cup fresh (or frozen) corn kernels
- ½ cup frozen peas
- 5 eggs
- ½ cup (125ml) milk
- 1 cup grated cheddar
- 4 tomatoes, sliced

Equipment:

- Metric measuring cups and spoons
- Chopping board
- Cook's knife
- Box Grater
- Baking dish or tray – 20cm x 25cm
- Baking paper
- Mixing bowls
- Clean tea towels
- Spatula
- Kettle
- Heatproof jug or bowl
- Colander or strainer

Method:

1. Preheat oven to 180C. Line a baking dish or tray with baking paper, letting it overhang the sides a little.
2. Line a bowl with a tea towel. Add the grated zucchini, sprinkle with the salt and mix together to combine. Allow the zucchini mixture to rest for 10 minutes while you prepare other ingredients.
3. Meanwhile, boil a kettle. Put the corn and peas in a small heatproof jug or bowl and pour some boiling water over them. Let stand for a few minutes, then drain using a colander or strainer.
4. Twist the tea towel to squeeze out the excess moisture from the zucchini, so you don't end up with a watery slice. Wipe the bowl dry, then pop the zucchini back in, along with the onion and flour. Use a spatula to fold the mixture together.
5. In a mixing bowl, beat the eggs with a fork until the whites and yolks are combined, then beat in the milk. Pour the milk/egg mixture over the zucchini, then fold in half the cheese, as well as the corn and peas.
6. Pour the mixture (which will be runnier than you expect) into the baking dish. Sprinkle with the remaining cheese and arrange the tomato slices on top. Bake for 40-45 minutes, until the egg has set and the top is deep golden brown. Can be served warm or cold.

**Recipe adapted from Alice Zaslavsky's "In Praise of Veg".*