

Zucchini Slice (Gluten Free)

Tasty gluten free take on a favourite, courtesy of Sue Behan, Victoria Park State School, Mackay.



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Total time: 75 min

Preparation: 30 min

Cooking: 45 min

Created by: QAST

Serves: 10

Category: Hot Meals

Level: Easy

Ingredients

.75 cup Brown rice

1 tbsp Olive oil

125 g Bacon

1 unit Leek

1 unit Carrot, grated

1 cup Peas

2 unit Egg, lightly beaten

1 tsp Lemon rind, finely grated

1 tbsp Dill, fresh & chopped

.75 cup Low fat cheese, grated

1 unit Zucchini, large

Recipe

1. Pre-heat oven at 160 degrees C.
2. Cook rice until fluffy and tender.
3. Finely chop bacon; wash, halve and thinly slice the leek; crush garlic. Cook bacon, leek, garlic.
4. Add zucchini (squeeze out excess liquid), carrot and peas.
5. Cool ingredients. Once cooled mix rice and vegetable mix together.
6. Fold half of the cheese, eggs (lightly beaten), lemon and dill into the rice and vegetable mix.
7. Lightly spray a 20cm square oven proof dish and add mixture. Sprinkle with remaining cheese.
8. Bake for 45 minutes or until firm and golden. Cut into slices.

Full description

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Variations

Can be served hot or cold, with salad.