



Courgette slice

Categories: Main Dishes

Yield: 6 slices

Ingredients

Amount	Ingredient	Preparation
UL		
2	medium-sized carrot	grated
2	medium-sized courgette	grated
1	large onion	
1	cup flour	
1	tsp baking powder	
0.5	cup oil	
5-6	egg	
1	cup tasty cheese	grated
0.5	tsp salt	
0.5	tsp bacon stock powder	

Instructions

May substitute 1 cup chopped silverbeet for 2 medium courgettes.
Cook onion 2 mins on high with 1/2 tsp oil in microwave or fry.
Sift flour and baking powder and salt.
Combine oil & eggs, beat with fork or whisk, add flour etc. Mix well.
Add grated vegetables, cheese, onion and stock.
Remember to add onion
Pour into greased container.
Bake at 180 degrees C for 40-50 mins until risen and golden.