

Easy zucchini & rice slice



INGREDIENTS:

- ★ 5 free range eggs
- ★ 250g pkt microwave long grain white rice
- ★ 3/4 cup cheddar cheese, grated
- ★ 2 zucchini, trimmed, grated
- ★ 1/2 cup frozen peas
- ★ 3 spring onions, chopped
- ★ 2 50g punnet grape tomatoes, to serve
- ★ Apples, to serve

Method:

Step 1

Preheat oven to 190C or 170C fan-forced. Grease and line a 20cm square pan.

Step 2

Lightly whisk eggs in a large bowl. Add rice, cheese, zucchini, peas and spring onions. Mix to combine. Pour into prepared pan, smoothing top with a spatula. Bake for 30-35 mins, or until set.

Step 3

Cut slice into pieces and pack in lunchbox with grape tomatoes and fruit.