



Gluten Free Zucchini Slice

Ingredients:

- 400gm Grated Zucchini (squeezed to get rid of excess liquid)
- ½ Cup chopped parsley and mint
- ½ cup Olive Oil
- 1 large grated Brown Onion
- 1 large finely chopped leek
- 1-2 Cloves Garlic
- 1 cup brown rice or quinoa flour
- 1 teaspoon baking powder
- 2 tablespoons Chia Seeds
- ½ Cup Grated Parmesan
- ½ Cup Grated Mozzarella (or can use normal Cheddar Cheese)
- ½ Cup Grated Fetta
- 6 free range or organic eggs
- ½ teaspoon Himalayan rock salt
- 1 teaspoon pepper

Method:

Ensure Grated Zucchini has been well squeezed to remove excess liquid.

Place well squeezed, grated zucchini into a mixing bowl, add olive oil, grated brown onion, finely chopped leek, crushed garlic clove, cheeses, eggs, Chia Seeds, flour, baking powder, salt, pepper and herbs.

Using olive oil, generously grease a dish measuring approx. 24cm x 33cm. I use the Scanpan Roasting Pan as it gives the bottom of the slice a beautiful brown finish.

Set oven at 175°C and once preheated bake for 30-40 minutes or until golden brown.

Leave in baking dish to cool for 10 minutes then turn onto cooling rack.