



Zucchini rice slice

Serves: 4. Recipe from healthyfoodguide.com.au
Time to make: 55 mins, prep 20 mins, cook 35 mins

Ingredients

1/3 cup long-grain white rice
2 teaspoons light olive oil
1 small onion, finely chopped
1 medium zucchini, grated
3 eggs, lightly beaten
3/4 cup grated extra light tasty cheese
2 tablespoons grated parmesan cheese

Instructions

Step 1 Preheat oven to 180°C. Grease and line a small loaf pan with baking paper, allowing a 2cm overhang, and set aside.

Step 2 Place rice and 2/3 cup cold water in a saucepan over high heat. Bring to the boil. Reduce heat to low. Simmer, covered, for 15 minutes. Remove from heat. Stand, covered, for 3 minutes.

Step 3 Meanwhile, heat oil in a frying pan over medium-high heat. Add onion and cook, stirring, for 4 minutes or until soft. Transfer to a large bowl. Add zucchini, eggs, rice and 1/2 cup tasty cheese. Stir to combine.

Step 4 Spread mixture in prepared pan. Sprinkle with parmesan and remaining tasty cheese. Bake for 35 minutes or until golden brown.



Tips!

Instead of boiling the rice in a saucepan, you could use a rice cooker - if you have one!
This saves dealing with boiling water, especially if the kids are making this themselves.

This great slice is so versatile it can be served warm or cold.

Pack some in a lunch box or serve with a green salad for dinner.

