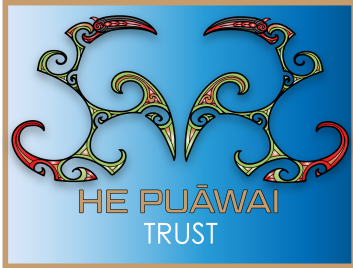


# Zucchini Slice

For details on food allergens please refer to the front label



**About this recipe.** With a bounty of zucchini in our kai garden, these variations of zucchini slices are a family favourite in our house. We serve it with pickles or relish and a salad. Extras such as fresh or dried herbs, spinach or leftover cooked vegetables, ham or bacon can be added.

## Ingredients

**1 and a half cups zucchini, unpeeled and grated**

**1 onion, chopped,**

**$\frac{3}{4}$  cup shredded cheese**

**2 eggs or egg substitute**

**1 teaspoon of garlic powder**

**1 cup flour**

**or 1 cup of cooked rice**

**1 teaspoon of baking powder**

**$\frac{1}{2}$  cup milk**

**or  $\frac{1}{3}$  cup milk if using rice**

**herbs or any extra**

## Method

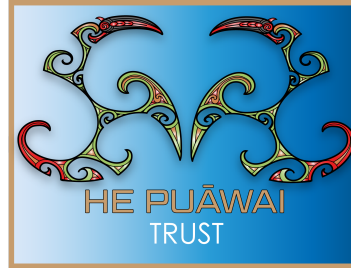
Preheat oven to 180 degrees

1. Grease your dish. You can use a loaf tin or oblong casserole dish
2. Grate zucchini and put into a bowl
3. Chop onion, any other vegetables and cheese and add to zucchini
4. Add all other ingredients and give a stir to mix
5. Pour into dish
6. Bake in the oven for 30-40 mins. It should spring back when it

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**Meal kits**

Empowering Stokes  
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### What is in this recipe?

Zucchini    Onion    Cheese    Eggs or egg substitute    Garlic powder    Milk  
Herbs or any extras you add    Flour and baking powder    or    cooked rice

### To make egg substitute

**Flax seed:** 1 tablespoon freshly ground flax seed + 3 tablespoons warm water

**Chia seeds:** 1 tablespoon chia seeds + 3 tablespoons water

Soak flax or Chia seed in water until it forms a thick gel, about 5 to 10 minutes, to make a “flax or chia egg”

\*Contains milk, cereals containing Gluten (eg wheat)

\* \* May contain traces of nuts

Packed in a facility that also processes Sulphates, Cereals containing gluten (EG Wheat), eggs, milk, milk products, Peanuts, tree nuts, Sesame seeds/ Sesame products, Soybeans/ Soy products, Lupin