

Best Zucchini Slice



Preparation time: 55 mins

Serves: 12 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Lunchboxes & Snacks

Think: healthy quiche without the crust.

Serve up either hot or cold, the Zucchini slice is as versatile as it is delicious. You can't go wrong with this classic Australian recipe – simply mix, pour and bake.

Enjoy it as is for a quick on-the-go breakfast, or top it off with a crunchy side salad for lunch and dinner. Even take a platter of it to your next big gathering. Believe us - there's no occasion where the zucchini slice won't shine.

And for an easy and flavourful vegetarian option, just swap out the bacon for finely chopped mushrooms. Though, you can load it up with any vegetable of your choice – be bold!



Ingredients

3 zucchinis, grated

1 onion, finely chopped

200g rindless shortcut bacon, finely diced*

1 ½ cup (150g) grated cheddar cheese

1 cup (150g) self-raising flour

3 tbsp olive oil

7 eggs

Salt and pepper

½ cup (120g) smooth ricotta

6 cherry tomatoes, halved

Method

1. Preheat oven 180°C/160°C (fan-forced) and grease and line a 30 x 20cm (base measurement) pan with baking paper.
2. Combine grated zucchini, onion, bacon, cheese and flour.
3. Whisk oil and eggs together and stir into flour mixture. Season with salt and pepper.
4. Pour into prepared pan and smooth the surface. Dollop tbsp. of ricotta and arrange cherry tomatoes over the top. Bake 35-40 minutes or until top is golden. Serve warm or cold.

Notes

If you notice your zucchini slice comes out a little guggy, try squeezing the excess moisture from the grated zucchini before adding it all to the mix.

Planning ahead? The zucchini slice is also perfect for meal prep, as it'll keep in the fridge for 2-3 days in a sealed container.

And if you're looking for a great lunchbox idea, freeze individual portions separately and simply take them out when you need them.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
147g	904 216kcal	13g	12.9g	4.6g	11.3g	2.3g	594mg	1.2g

All nutrition values are per serve.