

# Zucchini Slice

Based on the traditional Turkish pancake recipe that blends flour, eggs and zucchini – this is a very popular dish and can be easily adapted to suit all tastes.



**Influence: Turkey**



Serves 10 children



30 minutes

## INGREDIENTS

Zucchini, grated 350g (2 2/3 C)  
 Onion, chopped 50g (1/2 medium)  
 Carrot, grated 200g (2 large)  
 Pumpkin, grated 100g (1/2 C)  
 Celery, chopped 50g (1 medium stick)  
 Cheese, low fat, grated 150g (1 1/2 C)  
 Flour, white, self raising 140g (1 C)  
 Egg 300g (5 x 60g eggs)

## DIRECTIONS

1. Grate unpeeled zucchini into a large bowl.
2. Chop onion and celery and grate remaining vegetables.
3. Mix onion, cheese, flour and eggs with vegetables. Combine well.
4. Pour into a greased baking dish and bake for 20-30 minutes at 180°C or until set when tested.
5. Remove from oven and cool slightly before serving.

# Allergy Information

Contains: cow's milk protein, gluten, wheat and eggs.

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## Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	100 %
Meat/Alt*	<div></div>	60 %
Cereals	<div></div>	40 %
Dairy	<div></div>	100 %
Fruit		0 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services