

# Zucchini, Carrot and Feta Slice

No. of Serves: 4



## Ingredients

- 2 medium zucchinis, grated
- 3 medium carrots, grated
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 100g self-raising wholemeal flour
- 3 eggs, lightly beaten
- 1/3 cup skim milk
- 60g Danish feta
- 3 tbsp. extra virgin olive oil
- 80g breast chicken or leftover meat
- Extra virgin olive oil spray
- Pepper
- Herbs of your choice

## Nutrition Information (per serve)

|               |                       |
|---------------|-----------------------|
| Energy        | 1632kj (390 calories) |
| Protein       | 18g                   |
| Total Fat     | 22g                   |
| Carbohydrates | 25g                   |
| Saturated Fat | 5g                    |
| Sugars        | 9g                    |
| Dietary Fibre | 9g                    |
| Sodium        | 462mg                 |

## Method

1. Preheat oven to 160°C.
2. Lightly spray a square tray with extra virgin olive oil.
3. Combine carrot, zucchini, onion, feta and flour into a mixing bowl.
4. Chop chicken or leftover meet into small pieces before adding to mixing bowl.
5. Add pepper and herbs before adding in the milk, eggs and oil.
6. Mix well and spread evenly into the baking tray.
7. Bake for 30-35 minutes or until golden brown.

WESTERN SYDNEY  
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