

Mexican Zucchini Slice



Ballarat Health Services

Ingredients

2 tablespoons olive oil
5 eggs
3 egg whites
3 teaspoons Mexican spice mix
2 zucchini, grated
1 large carrot, grated
4 green shallots, thinly sliced
80g (1/2 cup) frozen peas, thawed
40g (1/4 cup) self-raising flour
1/2 cup chopped fresh coriander, plus extra leaves to serve
60g cheddar cheese, coarsely grated
1 avocado, sliced
1 tomato, cut into wedges
Sriracha hot sauce, to drizzle



Method

Step 1 Preheat the oven to 200C/180C fan forced. Grease a 26cm ovenproof frying pan with oil.

Step 2 Whisk the eggs and egg whites in a large bowl until combined. Add spice mix and season well. Add zucchini, carrot, shallot and peas. Add flour, coriander and half the cheese. Stir until combined.

Step 3 Pour mixture into prepared pan and sprinkle with the remaining cheese. Bake for 20-25 minutes or until golden and cooked through.

Step 4 Top with avocado, tomato and extra coriander. Drizzle with sriracha hot sauce.

High
protein
meal great
for break-
fast lunch
or dinner!

Source: www.taste.com.au