

Zucchini & Pea Slice



Serves: 10-20 (depending whether you serve as a snack or meal) | Prep time: 15 minutes | Cooking time: 30-40 minutes

Ingredients

- 1 tbs olive oil
- 2 cloves garlic, crushed
- 4 medium zucchinis, grated (squeeze out as much of the moisture as you can)
- 1/2 cup of parmesan cheese
- 1 cup wholemeal self raising flour
- 6 eggs, lightly beaten
- 300g reduced fat ricotta cheese
- 1 1/2 cups frozen peas, thawed and smashed
- 2 tbs pesto (see The Biting Truth's homemade pesto recipe)

Directions

STEP 1. Preheat the oven to 200 degrees celsius

STEP 2. In a non stick fry pan, heat oil and add the onion & garlic and cook until lightly brown

STEP 3. In a large bowl, combine zucchini, parmesan, flour, onion and garlic. Mix to combine.

STEP 4. In the centre of the bowl make a well, add the eggs and mix.

STEP 5. Add in ricotta, peas and pesto.

STEP 6. Pour mixture into a 20 x 30 cm baking tin (lined with baking paper)

STEP 7. Bake for 30-40 minutes or until lightly golden. Cut into small snack size serves or larger slices for a meal 😊