



Recipe Tip:
Cook slice in oven proof dish for 25-30 mins or until set in 180°C oven.



The Dicer Slice

Serves 8



Ingredients:

- 1 carrot
- 1 zucchini
- 3 spring onions
- Spray oil
- 150g reduced fat cheese
- Small bunch parsley
- 400g tin peas and corn, drained
- 8 eggs
- ½ cup low fat natural/Greek yoghurt
- 1 cup wholemeal SR flour

- 2 tablespoons flaked onion
- Pepper

Equipment:

- Grater, chopping board, knife or scissors, large spoon, frypan and lid, spatula, large bowl, whisk, cup measures, tablespoon, baking paper



1 Grate carrot and zucchini. Chop spring onions. Turn frypan to medium heat and spray with oil. Cook carrot, zucchini and spring onions for 5 minutes or until soft.



2 Meanwhile, grate cheese. Chop parsley. Crack eggs into large bowl and whisk eggs together.



3 Add cheese, parsley, peas & corn, yoghurt, flour, flaked onion and pepper into bowl. Remove cooked vegetables from frypan and add to bowl. Stir to combine.



4 Place baking paper onto bottom of frypan. Pour mixture over baking paper, spread evenly.



5 Place lid on frypan, turn heat to medium and cook for 15 minutes or until slice is set on top. Allow to cool slightly before cutting into squares.