

# Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA

## Zucchini Slice

600g zucchini

100g parmesan cheese

¼ cup chopped fresh flat leaf parsley leaves

1 tbs chopped fresh dill leaves

1 tbs chopped fresh mint leaves

4 large organic eggs

Salt and ground black pepper to season

50g dried breadcrumbs (toasted fresh ones)

100g self-raising flour

6-8 cherry tomatoes

Pre-heat the oven to 180degC

Line the base and sides of a 27 x 17 x 3 deep baking dish with non-stick baking paper

Coarsely grate the zucchini into a large mixing bowl. Finely grate the parmesan cheese and stir into the zucchini with the chopped herbs and mix well. Break the eggs into a bowl and gently whisk, season with salt and pepper. Stir into the zucchini mixture. Carefully fold in the flour and bread crumbs to mix until combined. Pour into the baking dish. Smooth over the top.

Cut the tomatoes in half and press into the top to decorate.

Bake in the oven for 20-30 minutes until firm.

Remove from the oven and cool in the tin. Refrigerate until just before serving.

Cut into squares and serve at room temperature