

ZUCCHINI SLICE

Source: Recipe from Auburn South Primary School



EQUIPMENT/ UTENSILS	INGREDIENTS
2 Santoku knives 2 Chopping boards 2 graters 1 microplane grater Measurement cup- 1 cup Measuring spoon 1 tsp, Sieve Whisk 1 large mixing bowl 1 medium mixing bowl wooden spoon 1 rectangular ovenware dish Pastry brush Spoon and fork for serving	500 g zucchini 1 large onion or 2 small onions 200g grated tasty cheese 1 cup plain Flour 1 tsp of baking powder 1/4 cup of vegetable oil 6 eggs A pinch sea salt flakes 3-4 grinds black pepper 6 steams of parsley 4 sprigs of thyme 1Tbsp oil (for greasing dishes) Pastry brush

METHOD: WHAT TO DO:

1. Preheat oven to 180 ° C
2. Use a pastry brush and brush dish with oil.
3. Weigh **zucchini**. Trim ends from zucchini. Wash and pat dry with paper towel. **Grate** using biggest hole of grater
4. Using **bridging** technique **cut onion in half**. Peel **skin** from onion and put in rubbish bin.
5. Place **onion** flat side down on the chopping board and cut each half into **quarters**.
6. Chop each **onion** quarter into **fine pieces**. Use the **pivot** technique.
7. Pull leaves of thyme of woody stalks
8. Roughly chop parsley (leaves and stem) & thyme leaves, using pivot technique.
9. Carefully **break eggs** into a bowl and whisk.
10. Sift the flour and baking powder
11. Combine **zucchini, onion, cheese, herbs, sifted flour, oil and whisked egg mixture**
12. Season with **salt and pepper**.
13. Pour mixture into **greased baking dish**
14. Bake in **moderate oven 180° C for 25-30 minutes** or until **golden brown**.
15. Cut zucchini slice into enough slices for class and volunteers and divide onto six serving plates.