

# HEALTHY ZUCCHINI POLENTA SLICE RECIPE



☰ Prep: 20 mins  
🕒 Cook: 25 mins  
🍴 Servings: 2  
★ ★ ★ ☆ ☆

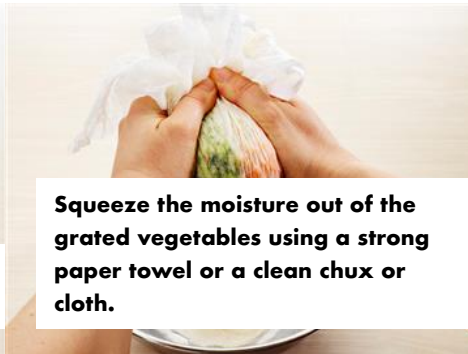
## Ingredients

- ▲ olive or canola oil spray
- ▲ 1 onion, finely chopped
- ▲ 2 cloves garlic, finely chopped
- ▲ 1 zucchini
- ▲ 1 carrot
- ▲ 2 1/2 cups water
- ▲ 1 tsp reduced-salt vegetable stock
- ▲ 95 g polenta
- ▲ 4 eggs
- ▲ pepper, to taste
- ▲ dried mixed herbs
- ▲ 3/4 cup frozen peas
- ▲ 1/2 cup low-fat cheese, grated

## Method

1. Preheat oven to 220° C (200° C fan forced).
2. Spray an oven-proof pan\* with oil and put over a medium high heat. Add onion and cook for 3-4 minutes, till softened.
3. Grate the zucchini and carrot and squeeze as much moisture out as you can. Add this and the garlic and cook for 1-2 minutes, then add stock powder and water.
4. Bring to a simmer, then whisking constantly, add the polenta in a slow, steady stream.
5. Reduce heat to low and cook, stirring occasionally, for at least 10 mins until the polenta is thick and not too grainy. Turn off the heat.
6. Mix the eggs, pepper, herbs, peas and cheese in a bowl. Pour into the pan and mix into the polenta.
7. Put the pan into the oven for 20-25 minutes, or until it has risen a little and is golden. The slice will sink and firm up as it cools so don't worry if it still looks a little wobbly in the middle.

**Comment:** If you don't have an oven-proof fry pan, use an ordinary frying pan then transfer ingredients to a casserole dish or tray before putting in the oven.



## Nutrition Information

	per serving	per 100g
<b>Energy</b>	2138 kJ	300 kJ
	511 Cal	72 Cal
<b>Protein</b>	31 g	4 g
<b>Fat, total</b>	20 g	3 g
— saturated	8 g	1 g
<b>Carbohydrate</b>	45 g	6 g
— sugars	10 g	1 g
<b>Sodium</b>	620 mg	87 mg
<b>Fibre</b>	11 g	2 g