

# Pumpkin & Zucchini Savoury Slice



 Serves: 6    Prep: 10 minutes    Cook: 1 hour 5 minutes    [Stack Cup](#)

Quick and easy, vegetarian lunch option! Delicious served hot or cold, this healthy frittata is packed full of flavour and can be enjoyed as a snack or as a main meal. Missing an ingredient? Don't panic, frittatas are fail-safe and any low FODMAP vegetable can be substituted or added.

Metric

Imperial

## ingredients

2 tsp garlic infused olive oil	9 g
Japanese pumpkin, grated	300 g
5 eggs	290 g
2 egg whites	80 g
¼ cup gluten-free plain flour	38 g
½ cup reduced fat ricotta	62 g
Zucchini, grated, moisture removed	250 g
2 Tbsp fresh chives, chopped	8 g
2 Tbsp fresh continental parsley, chopped	8 g
½ bunch spring onions, green tops only	8 g
Punnet cherry tomatoes, halved	250 g
½ cup reduced-fat tasty cheese, grated	62 g
Balsamic glaze, to serve (check ingredients to ensure contains no high FODMAP ingredients such as honey)	

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## Method

### Step 1

Preheat oven to 180°C/356°F. Grease and line a 26x16cm (base measurement) slice pan.

### Step 2

Heat oil in a large frying pan. Cook grated pumpkin for 3-4 minutes or until beginning to soften.

### Step 3

Whisk the eggs, egg whites and flour in a large mixing bowl until combined. Stir in ricotta, cooked pumpkin, zucchini, chives, parsley and spring onion tips.

### Step 4

Pour mixture into prepared slice pan. Scatter cherry tomatoes on top of mixture and lightly press down.

### Step 5

Bake for 50 minutes or until lightly golden and cooked through when tested with a skewer.

### Step 6

Sprinkle with grated cheese and bake for a further 10 minutes, or until cheese is melted and golden.

### Step 7

Cut slice into 6 even pieces. Drizzle with balsamic glaze to serve.