

Zucchini & Rice Slice



 Serves: 4  Prep: 5 minutes  Cook: 55 minutes  [Stack Cup](#)

This quick and easy slice is perfect for an afternoon snack or in kids lunchboxes. Zucchini is the perfect veggie for this recipe, however, you could add any low FODMAP veggies to meet your liking. It's delicious enjoyed both hot or cold.

Metric Imperial

Feedback



ingredients

1/3 cup white rice	67 g
1 medium zucchini, grated	250 g
1 small carrot, grated	...

	100 g
3 eggs, lightly beaten	174 g
$\frac{3}{4}$ cup grated cheddar cheese	150 g

Method

Step 1

Preheat the oven to 180°C/356°F. Line base and sides of 9cm x 19cm loaf pan with baking paper, allowing 2cm overhang.

Step 2

Place rice and $\frac{2}{3}$ cup cold water in a saucepan over high heat. Bring to the boil. Reduce heat to low.

Step 3

Simmer, covered, for 10 to 12 minutes. Remove from heat. Stand, covered, for 3 minutes.

Step 4

Add zucchini, carrot, eggs, rice and $\frac{1}{2}$ cup cheese to a large bowl. Stir to combine.

Step 5

Spread mixture in prepared pan. Sprinkle remaining cheese on the top.

Step 6

Bake for 30 to 35 minutes or until golden brown and just set. Set aside to cool.

Step 7

Cut into quarters. Place in microwave-safe, airtight containers. Refrigerate within 2 hours of cooking.

Hints

Adapted from Taste.com.au recipe.

