

VEGETABLE AND RICE SLICE

INGREDIENTS

2 cups cooked brown rice

1 carrot grated

1 cup seasonal veg, finely sliced or grated

Seasonal herbs

2 spring onions or 1 brown onion, finely sliced

1 cup grated cheese

4 eggs

$\frac{3}{4}$ cup wholemeal SR flour

$\frac{1}{2}$ cup milk

Pinch salt and pepper

METHOD

1. Preheat oven to 180c
2. Line slice tray with baking paper.
3. Wash and grate vegetables.
4. Finely slice spring onions or 1 brown onion.
5. Grate cheese.
6. Finely chopped seasonal herbs.
7. Whisk eggs in a medium bowl, add milk, combine.
8. In a large mixing bowl, combine the prepared vegetables, rice, cheese and flour.
9. Add egg mixture, combine.
10. Spoon into slice tray. Bake for approx 20 mins. Allow to cool and serve.