ZUCCHINI, MINT & FETA QUICHE
This quiche uses bread instead of pastry.

find more recipes at:
@lfhw_nz | Find us on | lovefoodhatewaste.co.nz

DID YOU KNOW
Kiwis throw away 20 million loaves of bread every year!

ZUCCHINI, MINT & FETA QUICHE

PREP+COOK 30 MIN

SERVES 4

Ingredients
1 tbsp margarine (or butter)
4 slices bread (gluten free if required)
1 zucchini, grated and squeezed dry
2 sprigs fresh mint, chopped finely
2 spring onions, chopped
zest of ½ lemon
100g feta cheese
½ cup mozzarella, grated or diced
6 eggs, lightly beaten
100 ml milk
salt & freshly ground black pepper

Butter the bread and lay the buttered slices down in the prepared tin.

Mix together the zucchini, mint, spring onions and lemon zest.

Spread over the bread.

Crumble the feta and sprinkle mozzarella cheese evenly over the zucchini and onion mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese and bake in the oven for 15-20 minutes, until golden and crispy.

Serve hot topped with sour cream and coriander and a crisp green salad, or as part of a vegetarian platter. If serving cold, slice and pop in lunch boxes.

TIP Try using cooked peas, broccoli or spinach instead of zucchini.

TIP If you don’t have feta and/or mozzarella, use whatever cheese you have.

Mix together the zucchini, mint, spring onions and lemon zest.

Spread over the bread.

Crumble the feta and sprinkle mozzarella cheese evenly over the zucchini and onion mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese and bake in the oven for 15-20 minutes, until golden and crispy.

Serve hot topped with sour cream and coriander and a crisp green salad, or as part of a vegetarian platter. If serving cold, slice and pop in lunch boxes.

TIP Try using cooked peas, broccoli or spinach instead of zucchini.

TIP If you don’t have feta and/or mozzarella, use whatever cheese you have.

find more recipes at: @jaxhamiltoncook | Find us on | jaxhamilton.co.nz