



LOVE
FOOD
hate waste
NEW ZEALAND

DID YOU KNOW

Kiwis throw
away 20 million
loaves of bread
every year!

ZUCCHINI, MINT & FETA QUICHE

This quiche uses bread instead of pastry.

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ZUCCHINI, MINT & FETA QUICHE

SERVES
4

PREP+COOK 30 MIN

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**

Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.

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.



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