

Season: Summer/Autumn
From the garden: Courgette, onions, parsley
Type: Main
Difficulty: Easy
Country of origin: If known
Serves: 6-8 servings or 30 small tastes
Source: Juian Kok

Equipment

- Chef's knife
- Chopping board
- Clean tea towel
- Baking dish 15 x 25 cm
- Pastry brush
- Large mixing bowl
- Medium mixing bowl
- Box grater
- Measuring cups and spoons
- Sieve
- Whisk/fork
- Large spoon for mixing

Ingredients

- 3-4 courgettes (to give 3 cups grated)
- Large sized brown or red onion
- Small bunch of parsley (or other herbs such as basil)
- 1 cup flour
- 1 teaspoon baking powder
- 1 cup tasty cheese
- 1 teaspoon salt
- Ground black pepper
- ¼ cup oil (extra for oiling baking dish)
- 5 eggs

How to make it

1. Preheat oven to 180°C. Brush baking dish lightly with oil and set aside.
2. Wash and dry courgettes and herbs on a clean tea towel.
3. Sift flour and baking powder into large mixing bowl.
4. Grate courgette and place in large mixing bowl with flour. **Caution – box graters can be sharp! Make sure you leave a bit on the end of the courgette to keep fingers safe. Ask an adult for help.**
5. Peel onion and chop finely then add to the courgette/flour mix.
6. Chop parsley finely and add to courgette/flour mix.
7. Break eggs into medium bowl and whisk with oil and grated cheese. Tip into the courgette/flour mixture and add salt and pepper to the bowl. Stir to combine all the ingredients then pour into oiled baking dish.
8. Carefully place into oven and bake for 40-50 minutes till golden brown. **Caution – hot! Ask an adult to help you with this.**
9. When ready remove from oven carefully and allow to cool for 10 minutes **Caution – hot! Ask an adult to help you with this.**
10. Slice into portions and enjoy with salad and tomato salsa.

Notes:

- You can substitute courgette or add to with the following vegetables – corn, grated carrots, cauliflower, broccoli, sliced beans, cooked potato.
- Sliced tomato or cherry tomatoes make a nice topping with some extra cheese sprinkled over.
- You can make this dish gluten free by using GF flour or almond meal.

Skills:

- Chopping, grating, mixing, **whisking***, baking
- * Whisk: to beat or stir liquid with a light quick action