

Zucchini and rice cheesy slice

SERVES



4 people

COOKING TIME



1 hour 20 Minutes

Vegetables: 4
Dairy: 1 ¼
Lean meat/alternatives: 1
Grains: 2

Nutrition Australia
Food group servings per portion

Ingredients:

¾ cup uncooked basmati rice
3 cups water
1 tablespoon garlic infused olive oil
2 zucchinis, grated (excess water removed)
1 brown onion, grated
200g reduced salt cooked ham, shredded
½ cup reduced fat tasty cheese, grated
1 cup reduced fat feta cheese, crumbled
2 tablespoons dried mixed herbs
2 spring onions, finely sliced
1 teaspoon cracked pepper
5 eggs, whisked
400g can corn kernels, drained
4 cups mixed salad, to serve
Crusty bread, to serve



Products used:



3L Thermostone™



Microsafe® Rice Cooker & Vegetable Steamer

Method:

1. Preheat oven to 180 degrees Celsius. Using the **Decor Microsafe® Rice Cooker and Vegetable Steamer**, cook ¾ cup of rice in 3 cups of water according to the **Rice Cooker** instructions for about 15 minutes (or until cooked). Once cooked place the lid on top the **Rice Cooker** with the lid vent open and leave to sit for 5 minutes.
2. Once rice has cooled, combine all the remaining ingredients in the Rice Cooker and mix well to combine.
3. Pour into a **3L Décor Thermostone™** dish and bake uncovered in the oven for 1 hour, or until cooked through and golden brown on top.
4. Slice and serve hot with salad and crusty bread on the side.

Cooking times may vary depending on microwave wattage.

Tips:

Make extra to enjoy cold in school lunches the next day!

To store leftovers in fridge or freezer, apply the Thermostone™ lid for a leak-proof and airtight seal.

To reheat leftovers later in the microwave pop open the lid steam release vent button and microwave reheat.



@decoraustralia

For more recipes visit www.decor.com.au