

Zucchini and Cauliflower Damper

Serves: 6 (makes 12 squares)

Prep time: 20 minutes

Cook time: 20-25 minutes



1 serve per portion

Ingredients

1 cup zucchini, grated

2 cups cauliflower, grated

4 eggs

$\frac{3}{4}$ cup plain flour

$\frac{3}{4}$ cup wholemeal self-raising flour

$\frac{1}{2}$ cup cheddar cheese, reduced fat, grated

$\frac{1}{4}$ cup parmesan, grated

$\frac{1}{4}$ cup chives, finely chopped

1 teaspoon smoked paprika

$\frac{1}{2}$ cup milk, reduced fat



Everyday Food

Method

PREHEAT oven to 180°C.

SQUEEZE excess liquid out of grated cauliflower and zucchini.

WHISK eggs in a large bowl. Add zucchini, cauliflower, flours, cheeses and chives to the eggs and mix well.

ADD milk gradually and mix until a soft dough forms. The mixture will be quite wet.

TURN onto a lightly floured surface and pat into a 2cm thick piece. Mark into 6 squares using the blunt edge of knife. Alternatively, place in baking dish lined with baking paper.

GLAZE damper using a pastry brush with a small amount of milk.

BAKE in the oven for 20-25 minutes or until golden brown.

Recipe courtesy of Lisa Rolph-Smith, Ambrose Branch