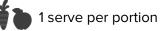
Zucchini and Cauliflower Damper

Serves: 6 (makes 12 squares) Prep time: 20 minutes Cook time: 20-25 minutes



Ingredients

1 cup zucchini, grated
2 cups cauliflower, grated
4 eggs
³/₄ cup plain flour
³/₄ cup wholemeal self-raising flour
¹/₂ cup cheddar cheese, reduced fat, grated
¹/₄ cup parmesan, grated
¹/₄ cup chives, finely chopped
1 teaspoon smoked paprika
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



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