



# Corn & Chorizo Zucchini Slice



*A great healthy light lunch or add a small green salad on the side for a fantastic dinner idea.*

## INGREDIENTS:

- 1 CHORIZO SAUSAGE, FINELY CHOPPED
- 1 TSP GROUND PAPRIKA
- ZUCCHINI, COARSELY GRATED
- 1 CUP (160G) CORN KERNELS
- 1 CARROT, COARSELY GRATED
- 4 SPRING ONIONS, THINLY SLICED
- ¾ CUP (90G) COARSELY GRATED TASTY CHEDDAR
- ½ CUP (75G) SELF-RAISING FLOUR
- ½ CUP (85G) CORNMEAL (POLENTA)
- 4 EGGS, LIGHTLY WHISKED
- ¼ CUP (60ML) MILK 2 TBS OLIVE OIL
- 50G FETTA, CRUMBLed

## INSTRUCTIONS:

1. PREHEAT OVEN TO 180°C. GREASE A 20CM (BASE MEASUREMENT), 6 CUP (1.5L) OVENPROOF FRYING PAN. LINE THE BASE WITH A DISC OF BAKING PAPER. (ALTERNATIVELY, GREASE AND LINE A 20CM X 30CM LAMINGTON PAN.)
2. HEAT A MEDIUM FRYING PAN OVER MEDIUM HEAT. ADD CHORIZO AND COOK, STIRRING, FOR 5 MINS OR UNTIL GOLDEN. STIR IN PAPRIKA. TRANSFER TO A BOWL. GENTLY STIR IN THE ZUCCHINI, CORN, CARROT, SPRING ONION, CHEDDAR, FLOUR AND CORNMEAL.
3. ADD EGG, MILK AND OIL TO THE CHORIZO MIXTURE. STIR TO COMBINE. SEASON. POUR INTO THE PREPARED PAN AND SMOOTH THE SURFACE. SPRINKLE WITH FETTA. BAKE FOR 40 MINS OR UNTIL FIRM TO THE TOUCH. SET ASIDE TO COOL. CUT INTO WEDGES. SERVE WITH CORIANDER AND LIME WEDGES.

