

Zucchini, Fetta and Herb Slice

Serves 4-6

More of a brunch dish, your home will fill with a delicious herby aroma while this slice is baking. The more herbs the better so feel free to mix it up and try different herbal variations. Dusting the dish with polenta makes an easy crunchy base for the slice.

Butter and polenta, for dusting the dish

5 medium (about 700 grams) zucchini, coarsely grated

5 (60 gram) eggs

½ cup extra-virgin olive oil

1 bunch chives, chopped

½ bunch dill, chopped

½ bunch mint, chopped

½ bunch basil, chopped

150 grams parmesan cheese, freshly grated (use kefalagravera if goats cheese better tolerated than cows)

200 grams sheep or goats feta

1 cup buckwheat flour or gluten free flour blend

2 tsp baking powder

Preheat oven to 180°C and grease a 32x22cm ovenproof baking dish with butter. Dust heavily with polenta, tap out the excess and set aside.

Pile the grated zucchini into a colander and leave to drain.

Whisk the eggs into a large mixing bowl with the oil and herbs.

Squeeze out as much liquid from the zucchini as possible before stirring into the egg and herb mixture.

Crumble in the parmesan and ½ of the feta (saving ½ for the top).

Add the flour and mix in until it is combined (mixing by hand is easier, as mixture gets quite thick).

Spread the mixture into the prepared dish and bake for 20 minutes. Remove from the oven and break up the remaining feta for the top.

Bake for another 30-40 minutes or until the fetta is brown and the top of the pie is springy when pressed (insert a knife into the middle if you are unsure and check that the egg is cooked)

Cool in the dish for at least 10 minutes before serving hot or cold with rocket and lemon.



Variations:

Sliced fennel bulb makes an interesting addition

Serve with bacon or slices of ham

Chop cherry tomatoes in half, press in cut side up on the top before baking

Or bake a vine of cherry tomatoes at the same time as the slice and serve on top

