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## CHEESE AND VEGE BAKE

### Ingredients – serves 6

- 20 g Salted Butter
- 1 onion (chopped)
- 1 cup zucchini (grated)
- 1 cup carrot (grated)
- 1/4 cup corn kernels
- 1 cup tasty cheese (grated)
- 6 eggs (beaten)
- 125 g self-raising flour

### Method

1. Preheat the oven to 180°C, and then melt the butter in a medium fry pan over a medium heat. Add the onion and cook for 4-5 minutes or until the onion softens and starts to smell yummy! Transfer into a large bowl to cool.
2. Once cooled, add all the other ingredients to the bowl. Use a big wooden spoon to mix everything together. Pour the mixture into a greased and lined 28x20cm tin.
3. Transfer the tin into the oven for 30 minutes or until the bake has puffed up and is golden. Remove from the oven and cool for five minutes before cutting into eight big squares.

### THINK OF WHAT OTHER INGREDIENTS YOU CAN ADD TO VARY THE ABOVE RECIPE:

meats: ham, pre cooked chopped chicken or other meats

veges: peas, green beans, canned beans, spinach, kale, chopped mushrooms

cheese: cream, feta, parmesan

sauces: tomato pasta, mustard, red rock deli dips

olives , spring onions