



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Zucchini Rice Slice

Ingredients

1 cup cooked rice
1 or 2 grated zucchinis
1 cup grated cheese
Extra cheese for on top (could also use grated parmesan)
3 eggs
Seasoning of choice - crushed garlic, pepper and salt.
2 rashers of finely chopped bacon.

Preparation

Combine rice, eggs, cheese, zucchini and seasonings
Place mixture into a greased tray or small patty tins
Top with chopped bacon and extra grated cheese
Bake at 160° C for 25 minutes or until it is set and brown on top.
Serve warm or cold.
Can also freeze for later.

Recipe shared by the Riverwood Love Food Hate Waste workshop participants



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