

Beany Breakfast Slice

Nut free, Vegetarian



Serves

10

Cooking time

45

Veg per serve



1.5



TIP

Freeze individual serves and thaw when ready to eat for a quick and healthy snack.



Ingredients

- | | |
|-----------------|---------------------------|
| 1 carrot | 420g can baked beans |
| 1 zucchini | 1 tablespoon tomato paste |
| Spray oil | 2 cups self-raising flour |
| 1 capsicum | |
| 120g cheese | |
| 2 spring onions | |
| 2 garlic cloves | |
| 6 eggs | |

Equipment

- | | |
|------------------|----------------|
| Grater | Measuring cups |
| Frypan and lid | Baking paper |
| Large spoon | |
| Chopping board | |
| Knife | |
| Large bowl | |
| Fork or whisk | |
| Can opener | |
| Measuring spoons | |



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How to make it



1. Grate carrot and zucchini. Spray frypan with oil and turn onto medium heat. Cook carrot and zucchini until soft, turn off frypan.



2. Chop capsicum, grate 120g cheese and finely chop spring onions and garlic.



3. Crack eggs into a large bowl and mix with a fork or whisk. Add capsicum, spring onion, garlic, cheese, baked beans, 1 tablespoon tomato paste, flour and pepper.



4. Remove cooked vegetables from frypan, add to bowl and mix. Line frypan with baking paper (be careful, it might still be hot).



5. Pour mixture into frypan and cover with lid. Turn frypan onto medium heat and cook for 25 minutes or until set. Allow to cool before gently cutting into squares.



nom!

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