



# Low FODMAP Zucchini & Rice Slice

Serves: 4

Prep: 5 minutes

Cook: 55 minutes



Ingredients	Metric	Imperial
1/3 cup white rice	67 g	2.4 oz
1 medium zucchini, grated	250 g	8.8 oz
1 small carrot, grated	100 g	3.5 oz
3 eggs, lightly beaten	174 g	6.1 oz
3/4 cup grated cheddar cheese	150 g	5.3 oz

## Method

1. Preheat the oven to 180°C/356°F. Line base and sides of 9cm x 19cm loaf pan with baking paper, allowing 2cm overhang.
2. Place rice and 2/3 cup cold water in a saucepan over high heat. Bring to the boil. Reduce heat to low.
3. Simmer, covered, for 10 to 12 minutes. Remove from heat. Stand, covered, for 3 minutes.
4. Add zucchini, carrot, eggs, rice and 1/2 cup cheese to a large bowl. Stir to combine.
5. Spread mixture in prepared pan. Sprinkle remaining cheese on the top.
6. Bake for 30 to 35 minutes or until golden brown and just set. Set aside to cool.
7. Cut into quarters. Place in microwave-safe, airtight containers. Refrigerate within 2 hours of cooking.

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## Hints

Adapted from Taste.com.au recipe.

Nutrition Information (per serve)	
Energy	863 Kj / 206 cal
Protein	11.90g
Carbohydrates	7.80g
Sugar	3.50g
Total Fat	14.00g
Saturated Fat	6.80g
Fibre	2.10g