



Week Three



ZUCCHINI SLICE

This is an easy lunch dish. Very quick to mix together.

Those of us who grow zucchinis in the vegetable garden inevitably end up with a glut of zucchinis and it gets to the stage that you can't give them away as others are in the same boat. This is a good way of using them up and you can freeze the slice for lunches during the year if the family or friends are getting sick of having zucchini slice every day.

From CWA of Victoria's *A Slice of CWA* cookbook.

Ingredients

| | |
|-------------------------|--------------------------|
| 250gm grated zucchini | 1 cup grated cheese |
| 3 rashers bacon chopped | 1 cup Self Raising Flour |
| ½ cup olive oil | 5 eggs |

Method

Beat the eggs and the oil until thick and creamy. Add the rest of the ingredients. Place mixture into a baking paper lined 18cm x 28cm slice tin and bake in a moderate (180C) oven for 30-40 minutes or until set. Cut into squares to serve.

Hint

Fry the bacon and onion together in a little extra olive oil before adding the mixture.

Decorate with a sliced tomato before baking and serve with Homemade Tomato Relish or Sauce.



Week Three



EASY LAMB MOUSSAKA

From the CWA's *Delicious Lamb Dishes* cookbook.

We all need quick and easy weeknight go-to dinners. This one is very economical and super quick and easy to whizz up. Although not a Moussaka in the traditional sense, it is still a very tasty and simplified version.

Ingredients

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|--------------------------------|----------------------------|
| 2 tbsp olive oil | 2 tbsp ground cinnamon |
| 1 onion finely chopped | 200gm jar grilled eggplant |
| 2 cloves garlic finely chopped | 200gm feta cheese crumbled |
| 500gm minced lamb | 3 tbsp chopped fresh mint |
| 400gm can chopped tomatoes | 2 tbsp tomato paste |

Method

Heat oil in a large shallow pan and fry onions until soft. Add the mince and garlic and fry until browned. Add the tomatoes, paste, and cinnamon. Season with pepper and simmer 20 minutes, adding eggplant after 10 minutes. Sprinkle feta and mint over the top.

Hint

Don't brown garlic with the onion as the longer cooking may burn it.

Don't add salt with the cooking as there is salt in the tinned tomatoes and feta.

Taste at the end before adding any salt.