

# ROASTED PUMPKIN ZUCCHINI SLICE



Traffic light category: **Green**

Serves: 10 (approx. 185g)

## Ingredients

- 200g peeled pumpkin, cut into 1cm pieces
- Olive oil spray
- 2 tablespoons olive oil
- 1 brown onion, finely chopped
- 200g corn kernels, drained and rinsed
- 1 large zucchini, coarsely grated
- 1 carrot, peeled, coarsely grated
- 1 cup coarsely grated pumpkin
- 1 cup coarsely grated sweet potato
- 1 cup self raising flour
- 1 cup grated reduced fat cheddar cheese
- 5 medium eggs, lightly whisked
- 60mL reduced fat milk

## Method

1. Preheat oven to 180°C, line a baking tray with baking paper. Place pumpkin pieces on lined tray, spray with olive oil spray and bake for 15 minutes or until tender
2. While pumpkin is baking, grease a 20cm x 30cm lamington tray, line with baking paper, allowing paper to overhang edges
3. Heat 1 tablespoon of the oil in a medium frypan over medium heat. Cook onion, stirring for 5 minutes or until soft. Set aside for 5 minutes to cool slightly
4. Combine zucchini, carrot, grated pumpkin, sweet potato, flour, cheese, half the corn and half the roasted pumpkin in a large bowl
5. Whisk egg, milk, and remaining oil in a small bowl. Add to zucchini mixture and combine
6. Spoon into prepared tray, smooth down. Sprinkle with the remaining corn and roasted pumpkin
7. Bake for 40 minutes or until firm to the touch. Serve warm or cold.

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

**Hungry for more?**

Contact the Fuel to Go & Play® team  
08 9264 4999 | [fueltoeducation.wa.edu.au](mailto:fueltoeducation.wa.edu.au)