

Vegetable Slice with Tomato Chutney

Serves 2

Ingredients

1 slice ham, diced
½ onion, grated
1 zucchini, grated
½ carrot, grated
2 eggs
1T self-raising flour
30g cheese, grated
1 t parsley, chopped
1 t basil, chopped
1 t Vegeta gourmet stock



Method

1. Preheat oven to 180°C.
2. Prepare all of the ingredients.
3. Combine all of the ingredients in a bowl.
4. Pour mixture in a slice pan and spread evenly.
5. Bake 30 minutes or until your slice is set.
6. Allow to rest in the pan before slicing, then serve with tomato relish.

Tomato Relish (Teacher to make) Makes 1½ cups

Ingredients

1 T olive oil
1 small brown onion, finely chopped
2 garlic cloves, crushed
1 small fresh red chilli, halved, deseeded, finely chopped
500g ripe vine-ripened tomatoes, coarsely chopped
2 T brown sugar
2 T white wine vinegar

1. Heat the oil in a medium saucepan over medium-low heat. Add the onion and cook, stirring often, for 5 minutes or until soft. Add the garlic and chilli, and cook, stirring, for 2 minutes or until aromatic.
2. Add the tomato to the onion mixture and cook, stirring occasionally, for 5 minutes or until the tomato breaks down.
3. Add the sugar and vinegar, and cook for 10 minutes or until the mixture thickens. Set aside to cool.

