

Cheese and Broccoli Fingers



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 13 December 2017

Categories: Lunch Recipes, Lunchboxes & Snacks, Vegetarian

Looking for a delicious way to use up all of the broccoli and cheese in your fridge before it turns? Our cheese and broccoli will do the trick and if you have any other veggies leftover like pumpkin or sweet potato, check out our tips below on how you can create a delicious slice using them too.



Ingredients

- 2 head of broccoli (650g), cut into florets
- 5 eggs
- 1 cup light thickened cream
- 1/2 cup self raising flour
- 3 green shallots, thinly sliced
- 1 cup grated tasty cheese

- ¾ cup finely grated parmesan
- Micro herbs, to serve

Method

1. Preheat oven to 180C. Grease and line a 30cm x 20cm x 3cm deep lamington pan with baking paper.
2. Half fill a medium saucepan with water and place over a high heat. When water comes to the boil, add broccoli and cook for 5 minutes or until just tender. Drain and rinse under cold water. Roughly chop.
3. Whisk eggs, cream, flour, salt and pepper (if desired) in a large bowl. Add broccoli, shallots, ¾ cup tasty cheese and ½ cup parmesan. Stir until well combined and season with salt and pepper. Gently pour mixture into prepared cake pan and spread evenly. Sprinkle with remaining tasty and parmesan cheese. Bake for 35 minutes or until golden and set.
4. Cut slice into wedges or fingers and serve sprinkled with micro herbs.

Alternative flavour

Sweet potato:

1. Preheat oven to 200C.
2. Cut 650g sweet potato into 2cm cubes and place onto a baking tray lined with baking paper.
3. Roast for 25 minutes or until tender.
4. Allow cubes to cool before adding to egg mixture and bake as above.

Pumpkin:

5. Preheat oven to 200C.
6. Cut 800g piece pumpkin into 2cm cubes and place onto a baking tray lined with baking paper.
7. Roast for 35 minutes or until tender.
8. Allow cubes to cool before adding to egg mixture and bake as above.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
364g	2310kj 552kcal	36g	36.2g	20.5g	16g	4.7g	791mg	8.2g

All nutrition values are per serve.