

# Savoury Ham and Chargrilled Vegetable Bake



Preparation time: 40 mins

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes



## Ingredients

- 500-600g day old bread such as wholemeal sourdough (approx 6 thick slices)
- 300g char-grilled vegetables, drained
- ½ small red onion, finely sliced
- 200g leg ham, cut into a large dice
- ½ cup torn basil leaves
- 20 bambini bocconcini balls (or 100g grated mozzarella)
- 6 eggs
- 1½ cups low fat milk
- 1 cup low fat grated tasty cheese

Optional:

- Green salad
- Asparagus

Method

1. Preheat oven 180° C and grease a 2 litre capacity baking dish with cooking spray.
2. Cut crusts off bread and cut into large 3cm cubes; place into a mixing bowl and add char-grill vegetables, onion, ham and basil and toss to mix well. Spoon into baking dish evenly and scatter with basil leaves and bocconcini balls.
3. Whisk eggs and milk together and season with freshly ground black pepper. Pour over bread and stand for 5 minutes.
4. Top with grated cheese and bake for 35 minutes or until egg is set and bread is golden. Serve hot with fresh green salad or asparagus.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
281g	2050kj 490kcal	33.6g	24.2g	11g	31.2g	6.2g	992mg	6.2g

All nutrition values are per serve.