

Ingredients

250ml water
100g brown rice
200g baby spinach leaves
12 eggs
2 carrots, grated
2 zucchinis, grated
130g cottage cheese
250g cherry tomatoes

Serves 12



Try slicing into small squares or rectangles to serve as a high protein finger food option

Method

1. Line 2 lamington tins (26 x 16cm) with baking paper and preheat oven to 160°C (fan forced).
2. In a saucepan, boil water and cook rice over high heat until tender.
3. Place spinach in a bowl and cover with boiling water for 30 seconds until wilted, drain well.
4. Whisk eggs in a large bowl until well combined. Stir in cooked rice, spinach, grated carrot and zucchini.
5. Pour mixture evenly into prepared pans and top with dollops of cottage cheese and tomato halves.
6. Bake for 30-40 minutes or until golden brown and cooked through.

Nutrition, hints and tips

- This recipe is high in protein from the eggs and cottage cheese, making it a perfect hot breakfast option.
- The vegetables add fibre and important nutrients such as vitamin C, betacarotene and magnesium.
- The addition of brown rice contributes to meeting the 'Grain (cereal) foods' Core Food Group, providing carbohydrates for energy.
- Cottage cheese is a good source of protein as well as calcium, essential to maintain strong bones and teeth.

- Any vegetables can be added for colour and flavour such as chopped mushrooms, capsicum, cooked chopped broccoli or peas.
- Other cooked grains, such as quinoa or quinoa flakes, could be used instead of brown rice.
- Feta cheese, which has a stronger and more salty flavour, could be used instead of cottage cheese.
- This recipe is perfect served at breakfast, as a savoury mid meal slice or as a light lunch or dinner served with salad.