

zucchini slice recipe jamie oliver

Zucchini slice recipe Jamie Oliver is a delightful way to incorporate vegetables into a dish that is both nutritious and delicious. Jamie Oliver, a renowned British chef, is known for his passion for cooking with fresh ingredients and making healthy meals accessible to everyone. His zucchini slice recipe is no exception; it is a versatile dish that can be enjoyed for breakfast, lunch, or dinner, and it's perfect for using up any excess zucchini from your garden. In this article, we will delve into the details of this recipe, including its ingredients, preparation method, variations, and tips for making the perfect zucchini slice.

Ingredients Required for Zucchini Slice

To create Jamie Oliver's zucchini slice, you will need the following ingredients:

- Zucchini: 2 medium-sized zucchinis, grated
- Onion: 1 medium onion, finely chopped
- Cheese: 150g of grated cheese (cheddar or a mix of cheeses)
- Eggs: 3 large eggs
- Flour: 100g of self-raising flour
- Bacon or Ham: 100g of diced bacon or ham (optional for a non-vegetarian version)
- Milk: 100ml of milk
- Olive Oil: 2 tablespoons of extra virgin olive oil
- Salt and Pepper: To taste
- Herbs: Fresh herbs such as parsley or dill (optional)

This ingredient list is fairly flexible. You can easily adjust the quantities based on your taste preferences or dietary restrictions.

Preparation Method

Making Jamie Oliver's zucchini slice is straightforward and involves a few simple steps. Here's how to prepare this mouthwatering dish:

Step 1: Prepare the Zucchini

- Start by washing the zucchinis thoroughly to remove any dirt.
- Grate the zucchinis using a box grater or a food processor. If the zucchinis are particularly watery, you might want to sprinkle them with a pinch of salt and let them sit for about 10 minutes before squeezing out the excess moisture. This will prevent your slice from becoming too soggy.

Step 2: Sauté the Onion

- In a frying pan, heat 1 tablespoon of olive oil over medium heat.
- Add the finely chopped onion and sauté it until it becomes soft and translucent, about 5 minutes. If you're using bacon or ham, add it to the pan and cook until crispy.

Step 3: Combine the Ingredients

- In a large mixing bowl, combine the grated zucchini, sautéed onion (and bacon, if used), grated cheese, eggs, milk, and remaining olive oil.
- Stir in the self-raising flour, mixing until all the ingredients are well combined. Season with salt and pepper to taste. If you're adding fresh herbs, fold them into the mixture at this point.

Step 4: Bake the Zucchini Slice

- Preheat your oven to 180°C (350°F).
- Grease a baking dish (approximately 20x30cm) with a bit of olive oil or line it with parchment paper.
- Pour the zucchini mixture into the prepared baking dish and spread it evenly.
- Bake in the preheated oven for about 35-40 minutes, or until the top is golden brown and a skewer inserted into the center comes out clean.

Step 5: Cool and Serve

- Once baked, remove the zucchini slice from the oven and allow it to cool for a few minutes in the baking dish.
- Cut it into squares or slices and serve warm or at room temperature.

Serving Suggestions

Jamie Oliver's zucchini slice is incredibly versatile and can be served in various ways:

- As a Snack: It's perfect for a quick snack or lunchbox treat.
- With a Salad: Pair it with a fresh salad of mixed greens or a cucumber salad for a light meal.
- With Dips: Serve it with yogurt or sour cream, or even a homemade tomato salsa for added flavor.
- For Breakfast: Enjoy it as a hearty breakfast with a poached egg on top.

Variations of Zucchini Slice

There are several ways to customize Jamie Oliver's zucchini slice to suit your taste preferences or dietary needs. Here are some variations to consider:

Vegetarian Options

- Add More Vegetables: Incorporate other vegetables such as bell peppers, spinach, or grated carrots to increase the nutritional value.
- Use Plant-Based Cheese: For a vegan version, opt for plant-based cheese and replace the eggs with a flaxseed egg or other egg substitutes.

Gluten-Free Options

- Gluten-Free Flour: Substitute the self-raising flour with a gluten-free flour blend. You might need to add a bit of baking powder to help it rise.

Herb and Spice Variations

- Spices: Add spices like cumin or paprika for an extra kick.
- Herbs: Experiment with different herbs like basil or thyme to enhance the flavor.

Tips for the Perfect Zucchini Slice

To ensure your zucchini slice turns out perfectly every time, consider the following tips:

- Don't Overmix: When combining the ingredients, mix gently to avoid making the slice tough.
- Check for Doneness: Ovens can vary, so keep an eye on the zucchini slice as it bakes. A golden top and clean skewer are good indicators.
- Storage: Store any leftovers in an airtight container in the refrigerator for up to 3 days. You can also freeze the slice and reheat it later for convenience.

Conclusion

Jamie Oliver's zucchini slice recipe is a fantastic way to enjoy a dish that is not only healthy but also packed with flavor. With its simple preparation and endless variations, it's a recipe that can easily become a staple in your kitchen. Whether you serve it warm or cold, as a snack or a main meal, this zucchini slice is sure to please everyone at the table. So, gather your ingredients, follow the steps outlined, and enjoy a delicious slice of this

versatile dish. Happy cooking!

Frequently Asked Questions

What ingredients are needed for Jamie Oliver's zucchini slice recipe?

The main ingredients include zucchini, eggs, flour, cheese, onion, and herbs.

How long does it take to prepare Jamie Oliver's zucchini slice?

Preparation time is about 15 minutes, and cooking time is approximately 30-40 minutes.

Can I make Jamie Oliver's zucchini slice gluten-free?

Yes, you can substitute regular flour with a gluten-free flour blend to make it gluten-free.

What type of cheese works best in Jamie Oliver's zucchini slice?

Cheddar cheese is commonly used, but you can also use feta or mozzarella for different flavors.

Is Jamie Oliver's zucchini slice suitable for freezing?

Yes, once cooled, you can freeze the zucchini slice for up to three months.

Can I add extra vegetables to the zucchini slice?

Absolutely! You can add vegetables like bell peppers, spinach, or mushrooms for added flavor and nutrition.

What is the best way to serve Jamie Oliver's zucchini slice?

It can be served warm or cold, and pairs well with a side salad or a dollop of yogurt.

How can I make Jamie Oliver's zucchini slice vegan?

You can replace eggs with flaxseed meal mixed with water and use plant-based cheese instead.

How do you know when the zucchini slice is cooked properly?

The zucchini slice is done when it's golden brown on top and a toothpick inserted in the center comes out clean.

What are some common variations of Jamie Oliver's zucchini slice?

Variations include adding herbs like basil or dill, or incorporating meats such as ham or bacon.

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