



Courgette and Tomato Easy Bake

List of ingredients

Cooking spray

500g zucchini (sliced about 1cm thick)

1 cup corn kernels (fresh or frozen)

500g of sliced tomatoes

½ cup breadcrumbs

¼ cup finely grated cheese

Feeds 4 people.

How to make the dish

Preheat oven to 180 degrees Celsius.

Coat a shallow baking dish with cooking spray.

Layer the sliced zucchini, corn kernels, and sliced tomatoes.

Combine breadcrumbs and cheese, and sprinkle on top.

Bake uncovered, in the centre of oven for 30 minutes or until top is golden brown.

Cover with foil, and bake for another 10 minutes or until vegetables are tender.

Serve immediately.

Tip: You could add sliced eggplant, potato, peppers or even spinach to colour up this dish.