

Vegetables and Rice Slice

Season: Autumn

Type: Side

Serves: 36 tastings

From the garden: Oregano

Class focus: Cleaning beetroot, grating & chopping



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Baking paper
Deep baking tray x 1
Kitchen tong x 5
Serving plate x 5

Ingredients:

4 small beetroots (top & tail trimmed, skin-on, finely chopped)
2 sweet potatoes (skin-on, roughly grated)
1 capsicum (seeded, finely chopped)
½ onion (finely chopped)
5 cups cooked rice
5 eggs
2 cups grated cheese
1 cup panko breadcrumbs
3 sprigs oregano (leaves only)
1 ½ teaspoons salt
10 grinds of pepper

What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients in a large mixing bowl and stir to combine.
4. Pour rice mixture into a lined baking tray, spread it evenly.
5. Bake in the oven for 25 minutes or until golden brown and cooked.
6. Cut into 36 pieces.
7. Serve into 5 serving plates with a kitchen tong in each.