

HALLOUMI & COURGETTE BAKE

This is perfect at any time of day and is quite easy to put together once the courgettes have been prepped. Don't be fooled by the limited number of ingredients, it's super tasty!

Another dish that can be prepped in advance and then portioned and stored in the fridge, just make sure you bring back up to room temperature before serving to get the most out of the flavours.

Servings 4 | Prep 15 minutes | Total time 45 minutes

400 calories | 30g Protein | 6g Carbs | 28g Fat

Ingredients

3 medium courgettes, grated and the water squeezed out

250g halloumi, grated

9 eggs, beaten and seasoned with salt and pepper to taste (take care as halloumi is naturally salty)

2 tsp dried mint

Directions

1. Preheat your oven to 180c/gas mark 4. Loosely line an ovenproof dish with grease proof paper.
2. Combine the courgette and halloumi in a bowl and add the dried mint.
3. Add the eggs and mix thoroughly
4. Pour the mixture in the ovenproof dish and bake for approximately 30 minutes. The bake will have puffed up and turned golden brown on the top. Check that the middle is cooked by inserting a knife and seeing if any liquid appears.
5. Allow to cool slightly before lift out of the dish with the grease proof paper.
6. Serve with veggies or salad of your choice.

Tips

Add some chilli flakes if you want to spice it up a bit.

You can make this up in advance and store in the fridge for up to 3 days.