

# RECIPE

Total Time 45mins

## INGREDIENTS

1tbsp oil  
2 diced onions  
300g diced bacon  
2crushed cloves garlic  
500g grated zucchini  
2/3 cup canned corn kernels  
½ tsp salt  
½ tsp ground black pepper  
1 cup self-raising flour  
1 cup grated cheese  
4 eggs  
2-3 chili's finely chopped  
¼ cup parsley chopped  
½ cup milk  
8 shakes of green tabasco

## METHOD

1. Preheat oven to 180 degrees
2. Combine all ingredients and place in a greased high sided pan
3. Cook on 180 degrees for 40mins

## SHOPPING LIST

Olive oil  
Onions  
300g Bacon  
Garlic  
500g Zucchini  
Canned corn  
Salt  
Pepper  
Self raising flour  
Grated cheese  
Eggs  
Chilli  
Parsley  
Milk  
Tabasco sauce