Zucchini Frittata

Ingredients:
- ¼ cup olive oil
- 500gm zucchini
- 1 onion - diced
- 150gm Parmesan cheese
- 1 cup self-raising Flour
- 3 eggs
- 3 large tomatoes - sliced
gsalt and pepper
- OPTIONAL: 150gms bacon

Equipment:
- Pastry brush
- Baking paper
- Baking tin
- Large knife
- Cutting board
- Large mixing bowl
- Kitchen scales
- Measuring cups
- Serrated knife
- Large spoon
- Grater
- Tea towel
- Platter
- Egg Flip

Method:

1. Turn oven to 200°C, use pastry brush to grease tin with small amount of oil.

2. Grate zucchini into tea towel. Twist tea towel over sink to remove excess liquid then put zucchini in large mixing bowl.

3. Wash grater then grate cheese into bowl, add flour, onion, eggs, salt and pepper to bowl.

4. Pour into prepared tin and smooth with back of large spoon. Arrange tomatoes on top of slice and dribble over remaining oil.

5. Cook for 30 minutes or until firm, cut into small slices, and lift out of tin with egg flip. Arrange on platters.