



# HAM & CHEESE RICE SLICE

WITH ZUCCHINI & CORN SALAD

DIFFICULTY: Easy | SERVES: 4 | READY IN: 45 minutes

This easy ham and cheese rice slice makes great leftovers for lunch... it's more filling than you might think. If you happen to have Christmas ham sitting in your freezer, this is one way to help use it up!



## RICE SLICE

- 250g microwave pouch brown rice with chia seeds (8.8oz)
- 200g ham or bacon (7oz)
- 1 large carrot
- 1 small red onion
- 40g baby spinach (1.4oz)
- 2 cloves garlic
- 5 eggs
- 1 1/4 cups grated tasty cheddar cheese, divided (125g)
- 2 tsp olive oil
- 1 tsp Dijon mustard
- 1 tsp dried oregano
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- Relish, to serve *optional*

## SALAD

- 2 ears of corn
- 2 zucchini
- Handful fresh basil
- 1 1/2 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1 tsp sugar
- 1/2 tsp Dijon mustard

1. Preheat oven to 180°C (360°F) fan bake. Line a rectangular metal baking tin (approximately 18cm x 28cm / 7in x 11in) with baking paper.
2. **PREPARE SLICE**  
Microwave rice according to instructions on the packet. Dice ham or bacon, grate carrot, finely dice onion, roughly chop spinach and crush garlic.
3. Crack the eggs into a large bowl and whisk with a fork. Add 1 cup of the cheese and all other slice ingredients to the bowl and mix until well combined. Tip the mixture into the prepared tin and spread it out. Sprinkle remaining cheese over the top. Bake for 25 minutes, until golden brown and set.
4. **PREPARE SALAD**  
While slice is baking, shuck corn and microwave for 4 1/2 minutes. Leave to cool for 5 minutes. Meanwhile, spiralise, julienne or finely slice zucchini and place in a salad bowl. Carefully run a knife down the sides of the corn to remove the kernels. Mix corn kernels in with zucchini. Roughly chop basil and add this too.
5. Whisk together oil, lemon juice, sugar and mustard. Season to taste with salt and pepper. Drizzle over zucchini, corn and basil and toss to combine.
6. **SERVE**  
Remove slice from oven and leave to rest for 5 minutes. Cut into individual portions and serve with salad and a generous dollop of relish.



**WINE MATCH:** Try a refreshing Rosé or a fruity Sauvignon Blanc.

## **HAM AND CHEESE RICE SLICE RECIPE NOTES**

**GLUTEN-FREE OPTION:** Ensure ham/bacon is gluten-free.

**INGREDIENT NOTES / SWAPS:** If using ham, thick slices are better than shaved ham (I used leftover Christmas ham). Shredded cooked chicken or canned tuna are good alternatives if you've had enough of ham!

**STORING AND REHEATING:** Store cooked slice in the fridge separate from salad. Slice can be reheated in the oven, microwave, toasted sandwich maker or frying pan.