

Savory Flapjack

Perfect finger food for babies, toddlers and grown ups alike!

Ingredients

1 onion, finely chopped
200g grated courgette
200g grated carrot
200g grated cheddar cheese
150g porridge oats
2 eggs, beaten
1 tsp dried oregano or thyme
Salt and pepper (optional)
Olive/sunflower oil for greasing

Method

- Pre-heat oven to Gas mark 5/190C (fan 175C)/375F.
- Using a large bowl, stir all the ingredients until well mixed.
- Using a little oil, grease a Swiss roll tin (23cm x 33cm)
- Place the mixture into the tin and press firmly to level off
- Bake for 25 to 30 mins until set and golden
- Allow to cool before cutting into fingers or wedges

Recommended equipment

- Nigella Lawson's Living Kitchen Mixing / Serving Bowl Set - Black
- Microplane box grater
- Swiss roll tin (23cm x 33cm) - Alan silverwood (can't find on website)