

# Zucchini and Pumpkin Loaf

Ingredients:	Equipment:
1 tablespoon Olive oil	2 x 10cmx20cm loaf pans, line with
1 medium sized brown onion	baking paper
2 gloves garlic	Green chopping board
2 Sprigs fresh rosemary	Large kitchen knife
300g Zucchini	Grater
250g Pumpkin	Large mixing bowl
1 cup S.R flour	Medium mixing bowl
1 cup finely grated parmesan cheese	Small frying pan
½ teaspoon nutmeg	Wooden spoon
1 teaspoon cracked black pepper	Measuring jug
5 eggs	Measuring cups
½ cup butter milk	Measuring spoons
¼ cup drained sundried tomatoes	
2 Sprigs Rosemary	

## Method:

<ol style="list-style-type: none"><li>1. Preheat oven 180c.</li><li>2. Peel onion and garlic, finely chop. Finely chop two sprigs of rosemary.</li><li>3. Heat oil in small frying pan and cook combined onion, garlic and rosemary until the onion is soft. Transfer to a large mixing bowl.</li><li>4. Grate zucchini, squeeze out as much moisture as you can. Add to the onion mixture along with thinly sliced sundried tomatoes, Grated pumpkin, flour, parmesan cheese, nutmeg, pepper and pinch of salt, mix to combine.</li></ol>	<ol style="list-style-type: none"><li>5. Combine eggs and buttermilk in a medium sized mixing bowl.</li><li>6. Make a well in the centre of the flour mixture. Add the milk and eggs and stir to combine.</li><li>7. Spread mixture between two loaf pans (to speed up the cooking time) and top with a whole Rosemary sprig on each one.</li><li>8. Bake in the oven for 20minutes.</li></ol>
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