



- 1 medium zucchini, grated
- 1 large carrot, grated
- 1 large potato, grated
- ½ onion, finely chopped
- 2 tbsp chopped parsley (or any fresh herbs you like)
- 3 tbsp oat flour (or any flour of choice)
- 1 tbsp ground flaxseed (or chia seeds, mixed with 3 tbsp water)
- ½ tsp turmeric (for color & health boost)
- ½ tsp paprika
- Salt & pepper, to taste
- Optional: 1 tbsp nutritional yeast for a cheesy flavor

👤 Instructions

1 Prep the veggies:

Grate zucchini, potato, and carrot. Place them in a clean kitchen towel and squeeze out as much water as possible. This helps keep the bake crisp and firm.

2 Mix it all together:

In a large bowl, combine grated veggies, onion, herbs, flour, flax “egg,” and seasonings. Mix well until everything sticks together.

3 Bake it:

Transfer the mixture into a lightly greased baking dish. Smooth the top and bake at 375°F (190°C) for 35–40 minutes, until golden and firm.

4 Cool & serve:

Let it cool slightly before slicing. Serve warm with vegan sour cream, hummus, or a side salad!

💡 Tips

🥬 Add chopped spinach or corn for extra color and flavor.

🌶️ Like it spicy? Mix in chili flakes or cayenne pepper.

🕒 Great for meal prep – reheat in the oven or air fryer for a crispy edge!

