



Courgette and Carrot Kugel

INGREDIENTS:

1½lb grated courgettes

1½lb grated carrots

2 grated onions

3 eggs

1½ cups medium matzah meal

¼ cup of oil

2 tsp baking powder

1 clove of garlic

Salt and pepper

METHOD:

Preheat oven to 200C (392F) or gas mark 6.

Mix all the ingredients together and place in a 9" square casserole. Cover and bake for 15 minutes. Reduce heat to 170C (335F) or gas mark 3 for an hour or so.

Ready to serve.



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