

## TASTE WITHOUT WASTE

### Mushroom & Zucchini Strata

Serves 4-6

#### **Ingredients**

1 tbsp olive oil  
1 large brown onion, finely chopped  
2 tsp fresh thyme leaves, finely chopped  
3 cloves garlic, crushed  
250g button mushrooms, thinly sliced (I leave the stalks on)  
1 medium zucchini (about 200g), thinly sliced  
½ tsp salt, divided  
Freshly ground black pepper  
6 eggs, lightly beaten  
½ cup milk  
1 tbsp Dijon mustard  
2 tsp finely chopped chives  
4 cups bread, cut into rough 4cmx4cm pieces. Almost any bread works – I used multigrain sandwich (approximately 6 slices)  
150g good quality melting cheese, thinly sliced. Gouda or provolone work well.

#### **Method**

##### First Stage/Day One:

Heat oil in a large frying pan. Sauté the onion and thyme over a low heat, stirring regularly, for about 3 minutes or until softened and almost translucent. Add the garlic and cook, stirring for half a minute or so. Toss in the sliced mushrooms and zucchini and cook for 6-7 minutes, stirring from time to time, or until they begin to release their juices and soften. Season with half the salt and a good grind of black pepper and remove the pan from the heat.

While the veg is cooking, whisk together the eggs, milk, mustard, chives and remaining salt. Season well with pepper.

Lightly grease an 18cm by 25cm or similar oven-proof dish. Spread half of the bread evenly over the bottom of the dish. Now spread over half of the vegetable mixture and arrange half the cheese slices on top of that. Repeat the process. Pour the egg mixture evenly over the top. Cover with clingfilm and refrigerate for at least five hours, preferably overnight.

##### Second Stage/Day Two:

Preheat the oven to 190C. Remove the strata from the fridge and let sit at room temperature for about half an hour. Remove the cling film and bake for 45 minutes or until the centre is firm when touched and golden brown on top. Place the dish on a wire rack and leave to rest for 10 minutes before serving.

*Source: A Taste Without Waste original.*

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