Zucchini, Olive and Fetta Bread

This savoury loaf is so flavourful, and perfect served on its own or with a smear of butter!

★★★☆☆ 2.84 from 6 votes



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PREP TIME
20 mins

COOK TIME
50 mins

MEAL TYPE
Lunch, Staple

CUISINE
Global

SERVINGS
10 People

DIETARY
Vegetarian

INGREDIENTS

- 2 large zucchinis, grated
- ¼ cup almond meal
- 1 tbsp psyllium husk
- 6 sprigs thyme, fresh, leaves picked
- 1 tsp baking powder
- 3 eggs
- ¼ cup butter, melted
- 1 lemon, zested
- ¼ cup kalamata olives, pitted
- 100 g feta cheese crumbled
- 2 tbsp pumpkin seeds
- ½ tsp salt

INSTRUCTIONS

1. Preheat the oven to 180°C/356°F and line an 8x4 inch loaf tin with baking paper.
2. Place grated zucchini into a clean fresh jay cloth or a muslin cloth, and squeeze out as much liquid as you can. Set aside.
3. In a large bowl combine the almond meal, psyllium husk, thyme, salt, and baking powder. Set aside.
4. Beat the eggs in a small bowl then add to the almond meal mixture. Pour in the melted butter and stir to combine.
5. Fold in the zucchini and lemon zest followed by the kalamata olives and feta.
6. Spread into the prepared loaf tin. Sprinkle over pumpkin seeds and extra thyme.
7. Bake in the oven for 45–50 minutes until a skewer inserted comes out clean. If the skewer does not come out clean, leave in the oven for another ten minutes. If the top is beginning to brown too much, place a sheet of foil over the top.
8. Leave in the tin to cool for 15 minutes before turning out onto a wire rack to cool completely. Slice into 10 slices.

NOTES

This bread will store in the fridge for 3 days or the freezer for up to 3 months.

Store the whole loaf wrapped in foil, or individual slices with parchment paper between layers to prevent sticking.

The key to this recipe is squeezing out as much liquid as possible from the grated zucchini. This will prevent the loaf from being too wet. Zucchinis come in all shapes and sizes! You want to use two medium zucchinis or around 300g.

To prevent dryness:
- Use large or extra-large sized eggs
- Use blanched almond meal (this means the skins of the almond have been removed which allows for a softer loaf).

NUTRITION (PER SERVE)

Net Carbs: 1g | Protein: 4g | Fat: 6g | Fiber: 2g

KEYWORD

Bread

Recipe by Defeat Diabetes