

Recipe Name: Savoury Bread Pudding Recipe

Diet Type:

Course: Main Course

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 6 Whole Wheat Brown Bread - preferably a day-old bread • 1/2 Green zucchini - grated • 1 Carrot (Gajjar) - grated • 1 Red Bell pepper (Capsicum) - finely chopped • 1 cup Spinach Leaves (Palak) - chopped • 6 Button mushrooms - finely chopped • 1 Onion - finely chopped • 3 cloves Garlic - finely minced • 2 teaspoon Extra Virgin Olive Oil • 4 tablespoon Dijon Mustard • 1 sprig Fresh Thyme leaves - or oregano or any herbs of choice • 2 teaspoon Black pepper powder - crushed (or red chilli flakes) • 2 cups Milk • 2 Whole Eggs - lightly whisked • 1 cup Cheddar cheese - grated and for topping as well • 4 tablespoon Butter - + 1 tablespoon for greasing the baking dish • Salt - to taste	4

Preparation

- To begin making the Savoury Bread Pudding, first grease a 7 inch baking dish with butter.
- Preheat the oven to 180 degree Celsius.
- Add the mush.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	15	35	18	2	5

