

SPINACH & CHEESE QUICHE (Serves around 8)

INGREDIENTS

- 1 Cup Spinach
- 1 Capsicum
- 1 Cup Grated Cheese
- 1 Large tomato
- 1 Onion
- 2 Cloves Garlic
- 110ml Cream
- 50ml Milk
- 4 Eggs
- 1 -2 Sheets Puff Pastry
- Salt & Pepper
- Baking Paper & Rice (to blind bake)



METHOD

Pre heat oven at 200 Celsius

Dice the tomato and capsicum

Chop onions and garlic and fry in a frying pan until cooked, then remove from pan.

Place sheet of thawed puff pastry into a deep dish making sure it is push up against the edges, cut any excess from around the rim.

Put a sheet of baking paper over the pastry and pour in enough rice to cover the base and at least 2/3rds of the edge.

Bake in over at 200 degrees for about 10 – 15 minutes then remove from oven.

In a bowl or jug place 4 eggs, cream, milk, salt & pepper, mix together with a fork until the eggs are broken up and mixed in.

Remove the rice and baking paper from the pastry base.

In the base put grated cheese, diced tomato, spinach, capsicum and onions.

Pour the egg mix over the top making sure it covers and fills the pastry leaving a small gap at the top and cover with more cheese.

Place into your oven and bake for 25-30 minutes (time will depend on your oven). Test if it is cooked by putting a wooden skewer into the middle of the quiche and if it comes out clean it is cooked. Also check that the top has a golden colour.

Remove from oven and allow quiche to stand for 5 minutes before removing from the dish to slice and serve with salad or vegetables, or eat on it's own hot or cold.