

Difficulty:
Easy



Vegetable quiche

Time:
70 minutes



Allergens: gluten, dairy, eggs

What is it?

A yummy vegetarian quiche that can be enjoyed hot or cold !

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Plain flour(pastry)	100g	100g	200g
butter(pastry)	50g	50g	100g
Thyme(pastry)	1/2tbsp	1/2tbsp	1tbsp
Onion	1/4	1/4	1/2
Pepper	1/2	1/2	1
Garli clove minced	1	1	2
Mushrooms	50g	50g	100g
Spinach	50g	50g	100g
Eggs	1	1	2
Double cream	150ml	150ml	300ml
Parmesan cheese	50g	50g	100g
Mixed herbs	1/2tbsp	1/2tbsp	1tbsp

AVERAGE COST
PER PERSON

£1.33PP

Kit list:

- Pie tin/loose bottom tin
- Rolling pin
- Baking beans/rice
- Frying pan

Make it your own!

You could use any veg that you have /prefer !
Serve with new potatoes or a side salad .

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Combine flour and butter to resemble breadcrumbs, add the thyme and then slowly add cold water to form a dough, wrap the dough in clingfilm and chill for 40 minutes.

Step 2: Add some butter or oil to a pan and add the diced onions and cook until softened, add the rest of the vegetables and cook through. Set aside.

Step 3: On a floured surface roll out your pastry to fit the pie dish, brush the pan with oil before placing the pastry. Trim the pastry so you still have plenty of overhang. Scrunch up some greaseproof paper, unscrunch and place over the pastry and then fill with baking beans/rice.

Step 4: Blind bake your pastry for 15 minutes, remove the paper and beans/rice and return to the oven for another 5-8 minutes until the pastry is cooked.

Step 5: Whisk the eggs with the cream, mixed herbs and grated cheese, season with salt and pepper.

Step 6: Re-trim the pastry case to neaten then spread out the vegetables over the pastry case, pour over you egg mixture and gently tap the pan to remove any bubbles.

Step 7: Bake @ 190/gas 5 for 25-30 minutes until cooked with a slight wobble in the centre allow to cool for 15-20 minutes. Serve and enjoy!!



What did you think of this recipe? Colour in the stars to give it a rating!

