Pumpkin and broccoli Quiche

- **Ingredients**
  - 150g Pumpkin
  - 75g Broccoli
  - 2 Cloves garlic
  - 3 Eggs
  - 1 Cup milk
  - 200ml Cream
  - 1 Cup grated cheese
  - 2 Sprigs of sage or thyme
  - 1 Tablespoon of oil
  - 1 Teaspoon vegetable seasoning
  - 20g Pumpkin seeds
  - Salt and pepper to taste

- **Method**
  1. Preheat the oven to 180°C
  2. Finely chop the garlic.
3. Dice the pumpkin and broccoli.
4. Rip the sage into small pieces or if using thyme strip off the stem.
5. Put the oil in a frying pan and cook the pumpkin, garlic and herb until soft.
6. Whisk the egg, milk, cream and vegetable seasoning together.
7. Spray muffin trays with oil.
8. Divide pumpkin between muffin trays then put a little bit of cheese on top of pumpkin.
9. Pour egg mixture over pumpkin don’t fill to the top, put a few pumpkin seeds on top.