

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 oC
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.
10. Bake for 15-20 mins. Leave to cool slightly before turning out.