

Quiche (master chef)

Ingredients

1 Egg

Approx. 80ml Milk and cream mixture

Cheddar or feta cheese

Spinach

Pumpkin

Sweet potato

Zucchini

Broccoli

Tomato

Onion

Garlic

Salt, pepper or veg seasoning.

Method

1. Pre heat oven to 180oC.
2. Whisk the egg and milk mixture together add seasoning.
3. Chop or grate your choice off vegetables into small cubes, place in the bottom of the prepared pie crust, top with your choice of cheese then pour egg mixture over veg.
4. The mixture will rise so don't overfill.
5. Bake for 15- 20 mins