



SUMMER VEGETABLE & GOATS' CHEESE QUICHES

MAKE 2 LARGE & 2 SMALL MUFFINS

Individual quiches loaded with fresh, seasonal vegetables. Delicious served hot with a crisp salad or perfect cold for a summer picnic.



INGREDIENTS

1 medium free-range egg
15g cream
10g cheddar cheese
10g goats' cheese
½ spring onion
1/8 red pepper
1 asparagus tip
Fresh herbs (optional): basil, flat-leaf parsley or chives
2 sheets of filo pastry
Olive oil

ALLERGENS

Contains wheat, eggs & dairy

DIETARY COMPONENTS

Goats' cheese is rich in the essential nutrients vitamin A, vitamin B, riboflavin, calcium, iron, phosphorus, magnesium, and potassium. Goats' milk has less lactose and a slightly different protein structure to cows' milk. These subtle shifts actually make a big difference: Even people who are allergic to cows' milk can usually drink goats' milk or eat goats' cheese without issue.

EQUIPMENT

Vegetable knife
Chopping board
Weighing scales
Vegetable peeler
Muffin tray
Pastry brush
Measuring jug
Whisk
Mixing bowl
Cooling rack

METHOD

1. Pre-heat the oven to 180°C/fan 160°C/Gas 4.
2. Slice the spring onions and place into a plastic bowl.
3. De-seed the pepper, dice into 1 cm cubes and add to the above.
4. Peel then slice the asparagus into similar size pieces to the peppers and add to the vegetables.
5. Finely chop the fresh herbs and add to all the vegetables. Mix together.
6. Grate the cheddar cheese and add to the vegetables.
7. In a separate mixing bowl, whisk the eggs and cream to combine.
8. Add the vegetables to the egg mixture and mix well.
9. Prepare the muffin tray by lightly greasing. Cut the filo pastry into 6cm squares. Brush one square with olive oil then place the 2nd sheet as a diamond on top, then line the muffin tray.
10. Carefully fill the moulds with the quiche mixture then sprinkle the top with goats' cheese. Bake in the oven for 12-15 minutes.
11. Allow the quiches to cool, then gently ease them out of the muffin tray.