

Eat The View



Recipes and Tips

Most quiche have a filling surrounded with a savoury custard. This one just uses eggs with the filling.

Broccoli and Cheese Quiche

85 gr butter

170 gr flour

Small amount of water

350 gr of broccoli, cut into small pieces

5 eggs

135 gr cheddar cheese, grated

Salt and pepper

Cut the butter into small pieces and rub it into the flour, add just enough water to bring it together as a dough. Roll out and put into a 25 cm shallow round pan.

Steam the broccoli for approximately 7 minutes. Place evenly over the bottom of the dough in the pan. Beat the eggs and add salt and pepper, pour over the broccoli. Cover the broccoli with the grated cheddar cheese.

Put into an oven preheated to 180°C for 30 minutes or until the egg is cooked and the cheese is melted and has brown spots on it.



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