

Mini Quiche



SALTWATER
P-9 COLLEGE

wisdom begins with wonder

Between 2

INGREDIENTS

1 sheet puff pastry
1t oil
1/8 onion, finely chopped
1 cup chopped spinach
30g tasty cheese, grated
15g Feta
2 eggs
1/4 cup milk



METHOD

1. Preheat oven to 180°C.
2. Grease a 12-hole mini muffin tin with cooking spray.
3. Place oil in small frypan over medium heat.
4. Cook bacon and onion until bacon has browned, allow to cool.
5. Using a small circle shaped cutter cut out 12 rounds of pastry.
6. Place pastry in each muffin hole.
7. Place a small spoonful of bacon and onion mixture into each hole.
8. Sprinkle with pinch of cheese.
9. Whisk milk and eggs together in a jug.
10. Pour egg mixture into pastry cases just below the top (allowing room for egg mixture to rise).
11. Bake for 12-15 minutes or until browned on top.

Processes: dicing, chopping, grating, greasing, cutting, sprinkling, whisking and baking.