

Summer Self-crusting Quiche



Jaz Mathisen

AWAKINO STATION

Throw in an array of ready to harvest summer garden produce to create this deliciously easy quiche.

Ingredients:

- 4 cups vegetables (chopped silverbeet, spinach, celery, grated courgette, thinly sliced new potatoes)
- 1/2 cup chopped bacon or leftover ham
- 1/2 onion, diced
- 4 cloves garlic, sliced
- 1/2 cup chopped fresh parsley
- 8 eggs
- 1tbsp Dijon mustard
- 3/4 cup cream or milk
- 1/2 cup self raising flour
- 2 cups grated cheese (Colby, Edam)
- Sliced tomatoes and courgettes (optional)

Method:

1. Preheat the oven to 170°C
2. In a large cast iron frypan sauté the vegetables, bacon or ham, onion and garlic. Keep stirring until all the liquid has evaporated. Soggy vegetables mean your quiche will end up soggy. Stir through the chopped parsley and remove from the heat.
3. In a bowl whisk together the eggs, mustard, cream and flour. Stir through the grated cheese. Pour over the sautéed vegetable mix and muddle about to combine. Season with salt and pepper.
4. Top with slices of tomato and courgette (optional) and bake in the oven for 45mins or until cooked through. Allow to cool for 5 minutes before slicing and serving.