



Spinach and feta quiche

Serves 6-8

A quiche can be made with all sorts of fillings and can really jazz up those vegetables and left over cheeses that have been lurking in your fridge for a few too many days. It's the perfect versatile meal for a light lunch or even a healthy high fibre breakfast.

Ingredients

Shortcrust pastry case

- 265g (2 cups) plain flour
- 150g Guernsey butter, cold and chopped
- 2-3tbsp icy cold water
- Or 1 packet of shortcrust pastry

Quiche filling

- 6 large eggs
- ¼ cup milk or Guernsey cream
- 2tbsp finely chopped onion
- 2 cloves garlic, minced
- ½ tsp salt
- ¼ tsp ground pepper
- 1 cup baby spinach, chopped
- ½ cup shredded cheddar cheese
- ¼ cup finely diced tomatoes
- ¼ cup crumbled feta cheese

Method

1. Place the flour and butter into a food processor or large bowl and mix until it resembles fine breadcrumbs.
 2. Slowly add the iced water and mix together to form a smooth ball of dough.
 3. Wrap in cling film and place in fridge for at least 30 minutes.
 4. When ready, roll out the dough on a lightly floured surface until 3mm thick. Use to line the tin or a pie dish and bake blind using weights (such as baking beans) for 20 minutes at 180°C.
 5. Remove the weights and baking paper, turn the temperature down to 160°C and bake for a further 15 minutes or until golden. Allow to cool.
1. In a large bowl, beat the eggs and cream/milk together then stir in the rest of the ingredients.
 2. Pour egg mixture into the pastry crust and bake for 40-50 minutes or until the middle is set. Cover edges of crust with foil if they are getting too brown.
 3. Let it cool slightly and cut into slices.
 4. Serve with a green or pomegranate salad and a balsamic vinaigrette.



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Chef's tip

Pastry can be prepared in advance and frozen if required, so get ahead for next time and double the recipe.

January

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