

## SPINACH QUICHE

### Equipment needed –

Small knives chopping boards, large bowl, garter, measuring cups, measuring jug, cookie cutters, 4 cupcake trays, frying pan and salad spinner.

### Ingredients from the Garden –

- 8 eggs
- 1 onion
- 2 large bunches of spinach

### Ingredients from the Pantry –

- 6 sheets of puff pastry
- 1 cup of milk
- 2 cups of tasty cheese, grated
- Oil spray

### What to do –

1. Preheat the oven to 180°C and lightly grease the holes of 4 cupcake trays using oil spray.
2. Finely dice the onion and set aside.
3. Wash and dry the spinach using a salad spinner and set aside.
4. Grate the cheese so that you have enough for 2 cups and set aside.
5. Cook the onion and spinach in a frying pan over a medium high heat until the onion is starting to brown.
6. Use a circle shaped cutter that is slightly bigger than the top of the hole cut out 48 rounds of pastry and place in the trays.
7. Place a teaspoon of the spinach and onion mixture into the pastry cases and sprinkle on the same amount of cheese.
8. Crack the eggs into a measuring jug. Add 1 cup of milk and whisk well to combine.
9. Gently pour the egg mixture into the pastry cases until just below the rim of the pastry. Bake for 10-15 minutes until filling has risen and is golden.
10. Divide amongst 3 serving platters and serve.

### Serves –

- 28 students.