

Leek, Ham & Mushroom Quiche



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Lunch Recipes

If you're after something that's delicious, easy to whip up and will be a hit in the office at lunchtime, look no further than this leek, ham and mushroom quiche.

It's also great to freeze and pull out of the freezer when you need a lunch or quick dinner!



Ingredients

- 220g frozen shortcrust pastry case
- 3 eggs
- 125ml (1/2 cup) pure cream
- 2 tbsp finely grated Parmesan cheese
- 1 tbsp olive oil

- 75g shortcut bacon, sliced
- 1 small leek, thinly sliced
- 150g button mushrooms, sliced
- 1 garlic clove, crushed
- 20g (1/4 cup) grated cheddar cheese
- Chopped chives, to serve

Method

1. Preheat oven to 180°C/160°C fan forced. Line pastry case with baking paper and half fill with baking beads or rice. Bake blind for 10 minutes. Remove paper and beads or rice.
2. Meanwhile, whisk eggs and cream together in a medium bowl. Season with salt and pepper and stir in parmesan.
3. Heat oil in a large non-stick frying pan. Cook bacon and leek, stirring, for 5 minutes or until softened. Add mushrooms and garlic and cook, stirring, for 3-4 minutes or until mushrooms are golden. Arrange mushroom mixture and grated cheese over pastry base.
4. Carefully pour over egg mixture and evenly distribute filling. Bake for 20 minutes or until pastry is golden and filling is puffed, golden and set. Set aside for 10 minutes before serving. Serve scattered with chopped chives.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
238g	2200kJ 526kcal	19.1g	37.9g	17.7g	26.1g	7g	693mg	3.3g

All nutrition values are per serve.