

Mini Spinach, Cherry Tomato and Ricotta Quiches



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 13 February 2019

Categories: Lunchboxes & Snacks, Vegetarian, Kid Friendly



Ingredients

MINI QUICHES

Makes 12 mini quiches.

- 3 sheets shortcrust pastry, slightly thawed
- 4 eggs
- 1 cup milk
- 3/4 cup ricotta cheese
- 3/4 cup shredded tasty cheese
- 2 cups tightly packed baby spinach

- 12 cherry tomatoes, halved
- Pinch of salt and pepper
- Olive oil cooking spray

TOMATO CHUTNEY

- 1 red onion, diced
- 400g diced tomatoes
- 2 tsp curry powder
- 1 tsp ginger
- 2 tbsp apple cider vinegar
- 1 tbsp brown sugar

Method

1. Heat a non-stick pan on medium heat and gently cook the spinach until wilted and soft, this shouldn't take more than 30 seconds.
2. Preheat oven to 180 degrees and lightly spray a 12-hole muffin pan with cooking spray.
3. Using a 10cm round cookie cutter, cut 4 circles from each pastry sheet and use these to line the muffin pan.
4. In a bowl add the eggs and milk, whisk, then set aside.
5. In a separate bowl add the spinach, ricotta, tasty cheese and cherry tomatoes, mix.
6. Spoon equal amounts of the filling in the muffin tin, then pour the egg mixture over the filling.
7. Bake for 25 - 30mins until firm.
8. For the tomato chutney, place onion, tomatoes, curry powder, ginger, vinegar and sugar into a saucepan.
9. Stir occasionally over medium heat, for approximately 30 minutes until the mixture is thick.
0. Allow to cool before serving, and allow to completely cool before refrigerating.

Notes

Keeps for one week in the fridge.

Discover our [quick & easy quiche recipe](#) today that is perfect for an easy lunch or dinner.

Nutritional Information

| | | | | | | | | |
|--------------|-------------------------|--------------|--------------|---------------|---------------|---------------|---------------|-------------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 544g | 4320 1033kcal | 35.3g | 63.7g | 31.6g | 76.7g | 24.4g | 1130mg | 5.1g |

All nutrition values are per serve.