


Easy Quiche

Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★☆

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian

With four different variations on the classic quiche, choose one of these quiche recipes next time you're wanting to cook an easy lunch or dinner during the week. Or if you're the type to meal prep ahead of time, these quiche recipes can be frozen and that's your lunch for the week sorted. Plus they are guaranteed to impress in the office at lunchtime!



Ingredients

Base Recipe

- 220g frozen shortcrust pastry case
- 3 eggs
- 125ml (1/2 cup) pure cream
- 2 tbsp finely grated Parmesan cheese
- Choice of filling (see below)

Fillings

Leek, ham & mushroom

- 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

Broccolini & feta

- 1 bunch broccolini, trimmed, blanched
- 1 tbsp chopped fresh flat-leaf parsley
- 40g feta cheese, crumbled

Roasted pumpkin, ricotta & sage

- 1 ½ cups roasted pumpkin cubes (or other roasted veg such as sweet potato)
- 1 tbsp chopped fresh sage
- 80g (1/3 cup) fresh ricotta cheese, crumbled

Cherry tomato, asparagus & goat's cheese

- 1 bunch asparagus, cut into 6cm lengths, blanched
- 100g cherry tomatoes, halved
- 40g soft goat's cheese, crumbled
- Basil leaves, to serve

Method

Base

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. Arrange filling of choice over pastry base. 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. Delicious warm or cold.

Filling

Leek, ham & mushroom

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 in step 3.

Continue with Step 3 of the Basic Quiche Recipe above. Serve scattered with chopped chives.

Broccoli & feta

Arrange broccoli, parsley and feta over pastry base and continue with Step 3 of the Basic Quiche Recipe, above.

Roasted pumpkin, ricotta & sage

Arrange pumpkin, sage and ricotta over pastry base and continue with Step 3 of the Basic Quiche Recipe, above.

Cherry tomato, asparagus & goat's cheese

Arrange asparagus, tomato and feta over pastry base and continue with Step 3 of the Basic Quiche Recipe, above. Serve scattered with basil leaves.

Notes

Serve with a side of salad, and if you're saving some for later, refrigerate for no more than 3 days.

Please note that the nutritional information below is for the Broccoli & Feta Quiche.

Note: While this recipe has been classified as vegetarian, the leek, ham & mushroom filling is not vegetarian. The other three filling options are.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
142g	1830kJ 437kcal	12.8g	32.3g	17g	24g	5g
Sodium	Fibre					
494mg	0.9g					

All nutrition values are per serve.