

Spinach and Vegetable crustless quiche



Ispinatshi (spinach) is one of our Ndlovu Cares communities' favourite vegetables to grow in their home gardens. It is packed with many health benefits and can be grown quickly. Try this healthy spinach and vegetable crustless quiche recipe using this nutrient rich vegetable.

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

1 tbsp butter
200g of sliced
Mushrooms
½ a sliced onion
200g loosely packed
spinach
1 tsp salt
½ tsp pepper
8 large eggs
¼ cup milk
100g halved baby
tomatoes
¼ cup cubed feta cheese

DIRECTIONS

1. Preheat your oven to 190 degrees Celsius.
2. In a frying pan lightly fry the mushrooms in the butter, once tender add the chopped onion and cook until soft.
3. Add the baby tomatoes and spinach and cook on low until the spinach is slightly wilted. Season and remove the vegetable mixture from the heat.
4. In a bowl whisk the eggs and milk together, then add the vegetable mixture and feta cheese.
5. Pour the quiche mixture into a greased 20cm by 20cm pie dish and bake for 20 minutes or until the eggs are set.
6. Leave to set completely before serving with a fresh garden salad.

NOTES

You can easily adapt this recipe with your favourite fillings.
Ham, bacon, artichokes, butternut and olives make great additions.



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