Broccoli Quiche

32 serves

From the garden: eggs, broccoli, spinach

Equipment:
- 3 casserole dishes
- 1 cutting board
- 1 cutting knife
- 1 medium steel bowl
- Large steel mixing spoon

Ingredients:
- 4 tablespoons dried breadcrumbs
- 4 heads of broccoli cut into florets
- 1 red capsicum
- 2 cups tasty cheese
- 4 eggs
- 2 cups of milk
- 2 teaspoons mustard
- 1 cup spinach leaves

Method:

1. Spray the casserole dishes with canola oil then sprinkle the bread crumbs over the surface
2. Slice the capsicum into long strips
3. Place spinach, broccoli and capsicum in the casserole dish
4. Whisk the eggs, milk and mustard and then add the cheese in a steel bowl
5. Pour over the dry ingredients in the casserole dishes
6. Bake for 40 minutes @ 200 degrees