

Mini Vegetable Quiche

Serves: 32 tastings



From the garden: zucchini, tomato, onion & thyme

Equipment:

- Small saucepan x 1
- Medium bowl x 1
- Wooden spoon x 1
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Colander x 1

Ingredients:

- 2 cups uncooked pasta
- 1 teaspoon salt
- 1 zucchini (roughly grated)
- 3 tomatoes (chopped)
- 1 onion (finely chopped)
- 8 sprigs thyme (leaves only)
- 1 cup cheddar cheese (grated)
- 1 cup self-raising flour
- ½ cup of oil
- 6 eggs
- ½ teaspoon salt
- 10 grinds of pepper

Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a small saucepan, cover pasta with hot water from the kettle, add salt and boil until tender. Drain and set aside.
4. Put all the ingredients in a medium bowl and mix well.
5. Spoon mixture into silicone muffin pans.
6. Bake for 20 minutes or until cooked through.
7. Serve into 5 serving plates.