

Pumpkin and Caramelised Onion Quiche

Season: Autumn

Type: Main

Serves: 36 tastings

From the garden: Pumpkin, silverbeet & oregano



Equipment:	Ingredients:
<p>Large bowl x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Grater x 3 Spray oil Black silicone muffin pan x 6 Serving plate x 5</p>	<p>2 pieces of pumpkin (skin-off, grated) 5 silverbeet leaves (finely chopped) ½ bottle of Caramelised Onion Jam 2 sprigs oregano (leaves only, finely chopped) 1 cup grated cheese ½ cup self-raising flour 6 eggs 1 bottle of cream (300ml) 1 ½ cup milk ½ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients in a large bowl and mix well.
4. Lightly spray muffin pans with oil, spoon mixture into muffin pans, about two-third full.
5. Bake for 20 minutes or until cooked through.
6. Serve into 5 serving plates.