

Mini crustless quiches

Ingredients

3 eggs, beaten
40ml milk
1 teaspoon dried mixed herbs
Black pepper
Oil or spray oil for greasing
50g Cheddar cheese, grated
2 Spring onions, sliced
6 tablespoons sweetcorn or mixed vegetables (canned or frozen)



Equipment

Chopping board, knife, grater, measuring spoons, measuring jug, fork, non-stick muffin tin, oven gloves.

Method

1. Pre-heat oven to 200°C or gas mark 6.
2. Mix the beaten eggs and milk in a jug.
3. Add the herbs and black pepper and mix.
4. Grease or spray the muffin tin lightly with oil.
5. Divide the grated cheese and vegetables equally between the muffin tin holes.
6. Pour over the egg, milk and herb mixture.
7. Bake in the oven for 15-20 minutes, until the egg is cooked.

Top tips

- Use a different type of cheese such as red Leicester, Stilton, or feta.
- Add chopped red, yellow and green peppers, sliced mushrooms, fresh spinach (wilted first) or chopped cooked beetroot.
- Add sliced cooked new potatoes.
- Add chopped cooked meat, chicken or fish.
- Try a variety of fresh or dried herbs and spices.
- For something different, line the muffin tin with slices of ham or cooked chicken and then add the filling. Cook in the same way.