



HEALTHY QUICHE

HEAT LEVEL 

A Great dish to be enjoyed by the whole family. Goes perfectly with our spinach salad.

1 Hour

6 Servings

INGREDIENTS

BASE

125 ml (½ cup) cake flour
125 ml (½ cup) wholewheat flour
200 ml (¾ cup) grated cheddar cheese
80 g butter or margarine

FILLING

30 ml (2 Tbsp) olive or cooking oil
4 medium leeks, sliced
1 clove garlic, crushed
80 g sun-dried tomatoes in liquid, drained and coarsely chopped
200 ml (¾ cup) sachet Spur CheddameLT or Spur Pepper Sauce
80 ml (1/3 cup) milk
2 extra-large eggs
10ml (2 tsp) mixed herbs
10 ml (2 tsp) sugar
5 ml (1 tsp) Spur Seasoning Salt
Freshly ground black pepper, to taste
30 ml (2 Tbsp) grated Parmesan cheese

VARIATIONS

None

METHOD

Base

- 1 Mix all ingredients into a soft dough in a food processor or by hand. Press into base and sides of a greased 24 cm quiche pan.

Filling

- 1 Heat oil in heavy-based pan. Saute leeks and garlic for a few minutes until soft. Remove from heat and set aside. Add tomatoes and spoon into base.
- 2 Whisk cheese sauce, milk, eggs, herbs, sugar and seasoning together and pour over leeks and tomatoes in base.
- 3 Sprinkle over Parmesan cheese and bake at 180°C for 30–40 minutes or until set. Serve warm and cold with a salad.

