Cooking Plan

Mini quiches



Ingredients

- ½ red pepper
- 2 spring onions
- 2 slices (about 35g) ham
- 50g cheddar cheese
- ½ pack (250g) readymade short crust pastry
- 4 large eggs

Method

1. Preheat the oven to 180°C (Gas mark 4/350°F). Spray or brush a 12 hole muffin tin with a little oil.
2. Deseed and chop the red pepper into small pieces (for very young children, an adult can help with this bit if necessary!). Chop the ham into small pieces. Grate the cheddar cheese.
3. With scissors, cut the tops and bottoms off the spring onions and discard. Use the scissors to cut the spring onions into small pieces.
4. Mix all of your prepared ingredients together in a bowl and put to one side.
5. Break the eggs into a small jug or bowl. Whisk until well mixed. Add a little salt and pepper if wanted.
6. Scatter a handful of flour onto a smooth surface and roll out the pastry. Using a large circle cutter cut out 12 circles of pastry.
7. Push a pastry circle into each hole in the muffin tin to form a cup.
8. Spoon some of the vegetable and cheese mixture into each cup. Pour over the whisked eggs to cover the mixture and fill the cups up.
9. Bake in the preheated oven for approx. 20 minutes until puffed up and golden. Remove from the muffin tin and cool on a wire rack.
10. Serve warm or cool completely and store in the fridge until ready to eat