

# Pumpkin and Bok Choy Quiche

**Season:** Winter

**Type:** Main

**Serves:** 36 tastings

**From the garden:** Bok Choy, pumpkin & thyme

**Class focus:** Spoon quiche mixture into muffin pans, finely chopped vegetables



<b>Equipment:</b>	<b>Ingredients:</b>
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Small soup ladle x 2 Chopping boards and knives Measuring cups Measuring spoons Spray oil x 1 Aluminium 12-holes muffin pan x 3 Serving plate x 5 Kitchen tong x 5</p>	<p>2 bok choy (finely chopped) 1 piece of pumpkin (skin-off, finely chopped) 3 sprigs thyme (leaves only) 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  36 pieces wonton wrappers</p>

## What to do:

1. Heat oven to 200C.
2. Wash all the vegetables and herb.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Lightly spray muffin pans with oil.
5. Place one wonton wrapper in each hole, press down firmly to line base and sides.
6. Combine the first 4 ingredients in a small mixing bowl.
7. Combine the next 6 ingredients in a large mixing bowl.
8. Divide vegetable mixture between the wonton cups.
9. Spoon the egg mixture into the wonton cups.
10. Bake in the lower rack of the oven for 18 minutes or until eggs are fully set.
11. Serve into 5 serving plates with a kitchen tong in each.

Interesting terms:

Interesting techniques: Spoon quiche mixture into muffin pans, finely chopped vegetables.