

Vegetable Quiche

Season: Summer

Type: Main

Serves: 36 tastings

From the garden: Pumpkin, cauliflower/broccoli, rocket & oregano



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Grater x 1 Spray oil x 1 Black silicone muffin pan x 6 Serving plate x 5 Spoon x 5</p>	<p>1 piece of pumpkin (skin-off, roughly grated) ½ cauliflower / broccoli (cut into small florets) 2 cups rocket (cut into 1cm lengths) 4 sprigs oregano (leaves only, finely chopped)</p> <p>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 190C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients in a large mixing 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 with a spoon in each.

Interesting terms: roughly grated

Interesting techniques: spoon quiche mixture into the muffin pans

Garden question: What is needed for rocket to grow in our garden? – water, air, space, soil, time, fertilizer/compost, sun