

Mini No-pastry Quiches

Ingredients

2 Mushrooms
3 Spring onions
75 ml Milk
3 Eggs
50g Grated Cheese
Salt and pepper

Method

1. Preheat oven to 180 C. Grease a bun tin.
2. Slice spring onions and chop mushrooms.
3. Whisk milk and eggs together in a large jug, then add the cheese, spring onions and mushrooms. Season with salt and pepper.
4. Divide the mixture between the holes in the bun tin.
5. Bake for 10 – 15 minutes until golden and risen. Allow to cool in the tin for 5 minutes before tipping out. Serve hot or cold.

