

Pumpkin and spinach (or chard) quiches

INGREDIENTS

300G pumpkin
½ brown onion
5 stalks of spinach or chard harvested from our garden
3 eggs from our Comet bay girls
¼ cup milk
50g ricotta cheese
2 tsp oil
24 slices wholemeal bread

METHOD

Pre heat oven to 180C

Using a pastry brush and 1 tsp oil, brush the muffin tins.

Lay a slice of bread out on a cutting board, roll it flat with a rolling pin.

Repeat until all the slices are rolled.

Using a scone cutter, cut the bread into rounds, place in muffin tins and spray with cooking oil. Cook in oven for 5 minutes.

Peel and dice the pumpkin.

Finely shred the chard.

Beat the eggs and milk together in a jug.

Finely dice the onion.

In an electric frying pan, turn the heat to medium, cook the onion for 2 minutes, add the pumpkin, cook for 5 minutes with the lid on. Add the chard, cook for another 1 minute.

Spoon the mixture evenly into the bread cases, then add the ricotta.

Pour over the milk and egg mixture.

Bake for approximately 10 minutes.

ENJOY!