

# PUMPKIN AND SPINACH QUICHES

## INGREDIENTS

300g pumpkin

½ brown onion

5 stalks of spinach or chard from our garden

6x eggs

1 ½ cups milk

50g ricotta cheese

2 tbsp oil

24 slices wholemeal bread

## METHOD

Pre heat oven to 180c

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

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

Repeat the process until all slices are rolled.

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

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 mins, add the pumpkin, cook for 5 mins with the lid on. Add the chard, cook for another minute.

Spoon the mixture evenly into the bread cases, then add the ricotta. Pour over milk and egg mixture. Bake for approx. 10 mins.