

Happy Easter Quiche

Rating ★★★★★

Dietary: VEG, NF

Allergens: Wheat, Eggs, Dairy

Age group: 8 months+

Mealtime: Easter menu

Difficulty level: Medium

Serves: 16
Prep: 35 mins
Cook: 50-60 mins

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Vegetarian



Nut Free

Ingredients

CRUST

- 1 cup (150g) wholemeal spelt flour
- ½ cup (75g) butter, cubed (+ additional for greasing tin)
- ¾ cup (60g) grated cheese
- 1-2 tbsp (20-40ml) cold filtered water

FILLING

- 2 tsp (10ml) extra virgin olive oil
- 4 asparagus spears, rinsed, ends removed and cut into small pieces
- ½ cup (65g) frozen peas
- 2 spring onions, rinsed and finely chopped
- 5 large eggs
- 1 cup (250ml) milk of choice
- ¾ cup (105g) crumbled feta
- ¾ cup (30g) grated cheese
- Sea salt and pepper, to taste

Method

1. Preheat oven to 180°C and grease a 25cm tart tin with some butter.
2. To make the crust, place all crust ingredients into a food processor and process until combined.
3. On a sheet of baking paper, roll out the pastry into a circle.
4. Flip the pastry with the baking paper into the tart tin. Press into the tart and cut off the overlaps. Alternatively, press the dough evenly into the tart tin.
5. Chill in the freezer for 10 mins, then line the pastry tin with baking paper.
6. To prevent pastry from rising, fill with uncooked beans or rice or a suitable baking weight, and bake for 15 mins. Remove the beans or rice and paper, then return the pastry tin to the oven for 10 mins.
7. To make the filling, heat olive oil in a large frying pan over medium heat.
8. Add asparagus and spring onion and cook for 3-4 mins or until tender. Add peas and cook for another minute until peas have defrosted.
9. Place eggs, milk, feta, grated cheese and seasonings in a large bowl and mix to combine.
10. Add vegetables into the pre-baked tart crust, then pour egg mixture on top of it.
11. Bake for 35 mins or until egg mixture is cooked and golden brown.

Storing leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Prep tips:** If you don't have the time to make your own crust, use a good quality store-bought one. I recommend Careme spelt pastry.
- ✓ **For dairy-free version:** Swap butter with coconut oil or vegan butter, milk with plant-based milk and omit cheese or use a vegan alternative.
- ✓ **For gluten-free version:** Swap wholemeal spelt flour with a mix of brown rice flour and buckwheat flour (1:1) or use a gluten-free flour blend.
- ✓ **For an egg-free version:** Swap egg for a vegan egg alternative.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **For fussy eaters:** Blend the vegetables into the egg mixture or swap green vegetables for sweet vegetables such as sweet potato or pumpkin.