

Vegetable Quiche...

PREP: 30mins COOK: 30mins

INGREDIENTS:

- 1 Savory Flan Case (from frozen section in supermarket)
- 1 medium Red Onion (sliced thin wedges)
- 1 tablespoon Olive Oil
- 1 clove Garlic, crushed
- 1 cup diced Vegetables
(red capsicum, mushrooms, tomato, baby spinach leaves)
- 1-2 teaspoons Balsamic Vinegar
- ½ teaspoon Brown Sugar
- ½ cup Cream
- 3 Eggs
- 50g Feta Cheese

Preheat oven to 180°C. Blind bake flan as per instructions on pack. Allow to cool.

Heat Olive Oil in frying pan, cook Onion and Garlic until soft. Add Vegetables, Balsamic Vinegar and Brown Sugar. Cook until vegetables are soft. Set aside.

Whisk Cream and Eggs together. Place flan on an oven tray. Pour egg mix into flan. Top with Vegetable mix and crumbled Feta Cheese. Bake for about 30 minutes (or until filling is set).

Serve with salad or vegetables.



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