

Mini Crustless Quiches



Mini Crustless Quiches perfect for popping into a lunch box.

Course	Lunch
Cuisine	Western
Keyword	Crustless Quiche
Prep Time	10 minutes
Cook Time	30 minutes
Total Time	40 minutes
Servings	12
Calories	158kcal
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Equipment

- Muffin Pan

Ingredients

- 1 tbsp Butter
- ½ Onion (finely chopped)
- ½ Red Bell Pepper (capsicum) (finely chopped)
- 80g (1 ½ packed cups) Baby spinach, chopped
- 100g (1 Cup) Cheddar cheese (grated)
- 5 Eggs
- 300ml (1 ¼ cups) Pouring Cream

Instructions

1. Pre heat oven to 180c / 350F / Gas 4
2. Melt the butter in a frying pan and fry the onion, over a medium/low heat for two minutes, add the bell pepper and continue to saute one minute. Finally, add the spinach and fry for a further minute.
3. Whisk the eggs and cream together and then stir through the cheese.
4. Grease a 12 hole muffin tray or fill with greased silicon cases.
5. Add the vegetable mixture to the base of each muffin section.
6. Pour the egg mixture into each muffin section.
7. Bake for 25 mins, until set and golden.
8. Allow to cool slightly before removing from tin / case.

Notes

Prevent Sticking: It is important that you generously grease your muffin pan before adding the egg mixture. After cooking you should allow them to cool for 10 minutes before removing them. If they are hot from the oven they are much more likely to cling to the pan. Silicon muffin trays are perfect for this recipe.

Switch it up: Feel free to swap the listed veggies for the same amount of any other finely chopped vegetable. If the vegetables are very firm, such as sweet potatoes etc I'd recommend cooking and cooling them first before adding them to the mixture. You can also swap the cheese and add some chopped herbs, dried herbs.

Lighten it up: Replace the cream with milk and reduce the amount of cheese used.

Making for a baby: You can make these crustless quiches in a mini muffin tray, the perfect size for little hands! (Reduce baking time to 18mins) To reduce sodium levels you can omit or reduce the amount of cheese used. If reducing cheese you may wish to add some freshly chopped herbs or a pinch or two of dried herbs to add more flavour.

Storage Instructions: Allow the quiches to cool completely, then place them in an airtight container and refrigerator for up to 3 days. Alternatively, individually wrap them in plastic wrap, place in a ziptop bag and freeze for up to 3 months.

Nutritional information is a ROUGH guide only, calculated using an online nutrition calculator.