

Broccoli & Feta Quiche



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 28 June 2021

Categories: Lunch Recipes, Vegetarian

Stuck for dinner ideas but want something simple? Why not give this delicious broccoli and feta quiche a go and impress the family for dinner!

It's a great way to include more veggies in your meal so you can't go wrong.



Ingredients

- 220g frozen shortcrust pastry case
- 3 eggs
- 125ml (1/2 cup) pure cream
- 2 tbsp finely grated Parmesan cheese
- 1 bunch broccolini, trimmed, blanched
- 1 tbsp chopped fresh flat-leaf parsley

- 40g feta cheese, crumbled

Method

1. Preheat oven to 180°C/160°C fan forced. Line pastry case with baking paper and half fill with baking beads or rice. Bake blind for 10 minutes. Remove paper and beads or rice.
2. Meanwhile, whisk eggs and cream together in a medium bowl. Season with salt and pepper and stir in parmesan.
3. Arrange broccolini, parsley and feta over pastry base and carefully pour over egg mixture and evenly distribute filling. Bake for 20 minutes or until pastry is golden and filling is puffed, golden and set. Set aside for 10 minutes before serving. Delicious warm or cold.

Notes

Serve with a side of salad, and if you're saving some for later, refrigerate for no more than 3 days.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Unsaturated fat	Carbs (total)	Carbs (sugar)	Sodium
142g	1830kJ 437kcal	12.8g	32.3g	17g	24g	24g	5g	494mg
	Fibre							
	0.9g							

All nutrition values are per serve.