

Vegetarian Quiche



Serves 6

Ingredients

- 2 tablespoons vegetable oil
- A handful of parsley leaves
- 1 onion, minced
- 2 garlic cloves, minced
- 175g fresh broccoli, chopped
- 75g fresh peas
- 4 mushrooms
- 175g grated mozzarella cheese
- 4 eggs, well beaten
- 350ml milk
- 1 vegetable stock cube
- 1/2 teaspoon black pepper
- 2 prepared pastry case (or shortbread pastry)

Method

- Preheat oven to 180 C / Gas 4.
- Over medium-low heat oil in a large saucepan.
- Add onions, garlic and mushrooms to stir fry and the vegetable stock cube.
- Add the other vegetables.
- Cook slowly, stirring occasionally until the vegetables are soft.
- Spoon vegetables into pastry case and sprinkle with cheese.
- Combine eggs and milk.
- Season with pepper. Stir in melted butter.
- Pour egg mixture over vegetables and cheese.

Bake in preheated oven for 30 minutes, or until centre has set.