



Roasted Mediterranean
Vegetable Quiche

ROASTED MEDITERRANEAN VEGETABLE QUICHE

Serves: 8

Ingredients

For the pastry

250g wholemeal flour
125g avocado, cubed
14g cold water
Pinch of salt

For the filling

151g red onion, roughly chopped
80g each red, yellow, and green
peppers, diced
80g courgette, diced
125g aubergine, diced
140g cherry tomatoes
5g fresh basil
6g garlic cloves
3 large eggs
250ml semi-skimmed milk
125g grated cheddar
100ml olive oil

1 Preheat oven to 180°C/350°F/Gas 4

2 *For pastry:*

- Sift flour and salt
- Cut in avocado until resembles breadcrumbs
- Add cold water gradually until dough forms
- Shape into disc, don't overwork
- Line 23cm fluted tart tin
- Blind bake 20 minutes
- Brush with egg yolk, bake 2 more minutes

3 *For filling:*

- Mix vegetables with garlic, tomatoes, basil
- Season, toss with olive oil
- Roast 15-20 minutes
- Mix eggs and milk, season
- Layer vegetables in pastry case
- Add cheese
- Pour in egg mixture
- Bake 25-30 minutes until set

