

Broccoli & Stilton Quiches



Makes 4

Prep 30mins

Cook 20-30 mins

Easy

Ingredients

150g short crust pastry
15g butter
1 onion (small) peeled & finely chopped
75g broccoli florets
50g stilton, crumbled
2 eggs
200ml milk
salt & pepper

1. Roll out the pastry and use to line 4x 10cm diameter flan tins
2. Melt the butter in a saucepan, add the onion and cook gently for 3 - 4 mins until softened.
3. Blanch the broccoli in boiling water for 2- 3 mins. Pour into a sieve, rinse under cold water and drain.
4. Divide the onion, broccoli and stilton between the 4 tins.
5. To serve: preheat the oven to 220C/Fan 200C/Gas 7. Mix together 1 egg and 100ml milk. Pour into 4 tins, season and mix gently. Place on a baking tray. Bake for 20 - 30 mins until set and golden. Allow to cool slightly before removing from the tins. Serve warm.