

# Roast Vegetable Quiche



**Serves 6 Prep: 45 mins + 25 mins refrigeration Cook 1h 30 mins Easy**

## Ingredients

1 large potato  
400g butternut squash  
200g orange sweet potato  
2 large parsnips  
1 sweet red pepper  
2 onions, cut into wedges  
2 tsp olive oil  
250ml skimmed milk  
3 eggs, lightly beaten  
30g grated, reduced fat cheddar  
2 tbsp chopped fresh basil

## For the pastry

150g plain flour  
40g butter  
45g ricotta  
3 tbsp milk

1. Preheat oven to 180C/ Fan 160C/ Gas 4. Lightly oil a 3.5cm deep, 23 cm diameter loose based flan tin. Cut the potato, squash, sweet potato, parsnips & red pepper into bite sized chunks, place in a baking dish with the onion & drizzle with oil. Season & bake for 1h, or until the vegetables are tender. Leave to cool.
2. Mix the flour, butter and ricotta in a food processor, then gradually add up to 3 tbsp of the milk, enough to form a soft dough. Turn out onto a lightly floured surface and gather together into a smooth ball. Cover and refrigerate for 15 mins.
3. Roll the pastry out on a lightly floured surface, then ease into the tin, bringing it gently up the side. Trim the edge and refrigerate for another 10 mins. Increase the oven to 200C/ 180C fan/ Gas 6. Cover the pastry with crumpled baking paper and fill with baking beads. Bake for 10 mins, remove the beads, then bake for another 10 mins or until golden brown.
4. Place the vegetables in the pastry base and pour in the combined remaining milk, eggs, cheese and basil. Reduce the oven temperature to 180C/ 160C Fan/ Gas 4 and bake for 1 h 10 mins, or until set in the centre. Leave for 5 mins before removing from the tin to serve.