

Sweet Potato, Feta & Caramelised Onion Quiche



Serves 8

Prep 10 mins

Cooking 2h

Easy

Ingredients

2 tbsp extra virgin olive oil
1 onion, thinly sliced
2 sprigs rosemary, leaves picked
150g feta, crumbled
7 eggs, lightly beaten
80ml milk
1 tsp smoked paprika
1/3 small (50g) sweet potato, thinly sliced
(use a vegetable peeler)
1 tbsp maple syrup or honey

use shop bought short crust pastry

or make thyme & spelt pastry

250g white spelt flour
100g cold unsalted butter, chopped
1 egg yolk
2 tbsp thyme leaves
1 tbsp apple cider vinegar

1. For the spelt pastry, place flour & a pinch of salt in a bowl. Using your fingers, rub in butter until resembling coarse crumbs. Add egg yolk & thyme. Combine vinegar & 60ml water in a jug with 4 ice cubes. Drain, then fold into flour mixture until it forms a shaggy dough. Enclose in plastic wrap & chill for 2 hours.
2. Preheat oven to 200°C.
3. Roll out pastry on a lightly floured work surface to 3mm thick and use to line a 24cm fluted ceramic dish, trimming excess. Prick the base with a fork. Line with baking paper and fill with pastry weights. Bake for 25 minutes or until light golden. Remove weights and paper, brush with one of the beaten eggs and bake for a further 20 minutes or until base is cooked. **Reduce oven to 160°C.**
4. Heat oil in a frying pan over low heat. Add onion and 1/2 tsp salt. Cook, stirring, for 12 minutes or until caramelised. Cool. Add to pastry case with half rosemary leaves and 100g feta.
5. Whisk egg, milk and paprika in a bowl. Season and pour into pastry case. Coat sweet potato with maple and arrange over filling. Scatter with remaining 50g feta and rosemary.
6. Bake for 1 hour or until just set. Cool slightly, then serve with a salad.