SAKG Elwood Primary School

Mini Leek and Herb Quiche

Ingredients

3-4 sheets Puff pastry

6 whole Eggs

300ml Milk

Salt and pepper

Chives and Parsley, small bunch each

1 leek, washed and sliced

1 cup garden Spinach, washed (we can use potato slips or bok choy)

200g Cheddar cheese, grated

Method

1. Cut the leek into small pieces and wash well in cold water, drain and *saute* in a pan with a little oil or butter, over medium heat. Stir with a wooden spoon.
2. Wash and chop finely the bok choy and potato slips (leaves), adding to leek and cook for further few minutes.
3. Mix the eggs and milk together and season with salt and pepper.
4. Take Pastry sheets onto a clean surface and cut into 9 squares.
5. Grease the cupcake trays with a little oil and place pastry squares

in them. Press gently into the tray.

Make 30

1. Wash and chop the chives very small. Pick and chop parsley using leaves only.
2. Add 1 tsp of the cooked leek to each quiche, then some cheese and chives. And any other herbs or spinach at this stage too.
3. Pour a little egg mix into the quiches.
4. Bake for 12-15 min at 200oC. Leave to cool for a moment before serving.