

Crustless Quiche

A clever take on the original quiche Lorraine. Great for a self-service family meal.



Ingredients

Serves 4

- 13g/1tbsp garlic infused oil
- 250g fresh spinach
- 200g cherry tomatoes
- 4 eggs
- 60g gluten free flour
- 2g/1/2tsp baking powder
- 4g/1tbsb fresh thyme
- Salt and pepper to season
- 300 ml lactose free milk
- 200g cherry tomatoes
- 30g cheddar cheese
- 30g parmesan

Method

Preheat oven to 180°C

Grease a flan tin/quiche dish.

Heat the oil in a separate pan and add the spinach Sauté until wilted stirring all the time, remove from the heat and allow to cool.

In a large bowl, mix together the eggs, flour, baking powder and thyme. Season, then whisk in the milk.

When the spinach is cooled, chop into small pieces and combine the spinach with the egg mixture.

Pour the filling into the prepared tin or dish. Don't overfill!

Top with the tomatoes and both cheeses.

Place in the oven and bake for 30-35 minutes or until the quiche has set and turns golden.

Garnish with the remaining cherry tomatoes and serve hot or cold.