

Broccoli Quiche

Printed from Broccoli Recipes at <http://www.broccolirecipes.net/>

Ingredients:

225 gm broccoli florets.
225 gm shortcrust pastry.
100 gm gruyere grated.
3 x eggs.
2 tablespoons of tomato ketchup.
300 ml milk.
salt and pepper to taste.

Directions:

Line a 230mm flan dish with the shortcrust pastry.

Cook the broccoli until slightly crisp and still very green.

Evenly spread the tomato ketchup over the base of the pastry.

Put the drained broccoli florets over the ketchup to form a broccoli layer.

Beat together the milk, eggs, salt, pepper and half the grated cheese and pour into the flan case.

Sprinkle the remaining cheese over the top of the quiche to form a thin layer.

Cook on the bottom shelf of the oven for 30 minutes until the quiche is set and the cheese is golden brown.