



MINI QUICHE

Quiche is a versatile dish which can be served hot or cold and can also be frozen and defrosted when needed. Mini quiches are great as part of your packed lunch, make a tasty snack or served with a salad or jacket potato, can be a meal. We've made traditional quiches using ham and cheese, but try them with other fillings such as mushrooms, sweetcorn, broccoli and different flavoured cheeses.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a sieve; crack an egg; beat an egg; rub fat into flour; mix to form a dough; knead; handle and roll pastry; cut out rolled pastry; use measuring spoons; use a jug to measure liquids; use scales; cut using bridge/claw technique safely; snip herbs with scissors; use a grater; garnish and decorate; season to taste, use an oven/appliance with adult supervision

Equipment: Oven, weighing scales, bowl, sieve, table knife, fork, chopping board, knife, tablespoon measuring jug, teaspoon, scissors, grater, bun tin, rolling pin, pastry cutter, oven gloves

Allergens*: Gluten | Wheat | Milk | Eggs | May contain sulphites

Ingredients (makes 12):

- 125g plain flour, plus extra for rolling
- 55g butter cut into cubes, plus extra for greasing tin
- 2 tablespoons cold water
- Pinch of salt
- 40g lean ham
- 50g low fat mature cheddar
- 3 spring onions
- 3 cherry tomatoes
- 2 large eggs
- 100 ml milk
- Black pepper
- ½ tsp mixed herbs

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

Method

1. In a bowl, sift the flour and salt together.
2. Add the butter and using only the tips of your fingers and thumbs, rub the butter into the flour until it looks like small breadcrumbs.
3. Add 2 tablespoons of water, stir in using a table knife and then mix into a dough using your hands, kneading it at the same time. Try not to handle the pastry more than is necessary.
4. Put the dough in the fridge and turn the oven on to 180C
5. Dice the ham into tiny pieces and cut the tomatoes into quarters. Grate the cheese
6. Remove the outer layer of the onions and snip into thin circles.
7. Break the eggs into the jug with the milk, black pepper and herbs and beat well.
8. Roll the pastry out on a floured surface until it is about 30cm square.
9. Using the cutter, cut out 12 circles and lay them in the greased bun tin. Make sure they are centred so the mixture doesn't run out.
10. Divide the ham and onion between the 12 bases. Put the cheese on too and garnish with a piece of tomato.
11. Carefully pour the mixture into each quiche, taking care not to overfill.
12. Bake in the oven for 20 mins. Serve hot or cold.



MINI QUICHE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Mini Quiche...

Pastry is basically a dough which can be sweet or savoury. Savoury pastry tends to be high in fat and therefore should be eaten less often and in small amounts.

Eggs are excellent sources of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.

Cheddar cheese can be high in saturated fats and salt. Use small amounts of mature cheese (it tastes stronger so you need less of it!) and choose low fat options where possible.



Energy, sugar, fat and salt per serving

Per 46g serving

ENERGY
451kJ / 108kcal **5%**

MED **FAT**
6.0g **9%**

HIGH **SATURATES**
3.4g **17%**

LOW **SUGARS**
0.7g **1%**

MED **SALT**
0.21g **4%**

% of an adult's reference intake

Typical values per 100g : Energy 981kJ / 235kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.