

EASY QUICHE

Makes 6

Tortilla wraps

4Eggs

Chopped vegetables (peppers mushrooms, peas) Optional

2 Slices of cooked Ham

3 Cherry tomatoes (halved)

Basil leaves Optional

METHOD

1. Heat oven to 180C GAS 4.
2. Make a template to cut out your tortilla wraps.
3. Cut out the wraps and use to line the holes of a muffin tin. The leftover pieces can be brushed with oil and baked with the quiche to make tortilla chips.
4. Beat the eggs and spoon into the case about halfway up (the mixture will puff up in the oven)
5. Cut the sliced ham into small pieces using kitchen scissors (BE CAREFUL) and add to the cases with any vegetables you are using.
6. Place a halved cherry tomato on the top of each one and place in oven for about 15 minutes until the egg has set. ADULT JOB



7. Allow to cool.

Serve warm or cold

Ideal for a picnic in the garden with some extra tomatoes and vegetable sticks

