



To make Grace and Savannah's Ham and Vegetable Quiche



Ingredients



Don't forget...
before you
start... wash
your hands!

To make the pastry

- 175g/6oz plain flour, plus extra for dusting the board
- salt
- 75g/2¾oz healthy butter alternative (we used Olive oil spread), plus extra for lining the dish
- cold water - enough to make a doughy consistency – so add a little at a time.



For the filling

- 200g/7oz hard cheese (English cheddar), grated
- 2-4 tomatoes, chopped
- 150g/ 5 oz turkey ham, chopped
- A handful of red, green or yellow pepper chopped and seeds and stalk removed
- A handful of mushrooms, peeled and chopped
- Half a red onion, peeled and chopped finely
- 4 eggs, beaten
- Salt and freshly ground black pepper
- A sprinkling of herbs



Preparation method

1. To make the pastry, sift the flour together with a pinch of salt in a large bowl.
2. Rub in the butter until you have a soft breadcrumb texture. Add enough cold water to make the crumb mixture come together to form a firm dough, and then rest it in the fridge for 30 minutes.
3. Roll out the pastry on a light floured surface and line either a 22cm/8½inch well-buttered flan dish or two small dishes.
4. Cut around the dish to remove the excess pastry
5. Preheat the oven to 190C/375F/Gas 5.
6. Pierce holes in the pastry bottom and then fill it with baking beans. Place on a baking tray and bake blind for 10 – 15 minutes until the top is just browning slightly. Remove the beans and return to the oven for another five minutes to cook the base.
7. Add as many of the chopped vegetables and ham to the quiche as you wish and according to taste – don't worry if there are some left over and you feel you have prepared too many!

8. Beat the eggs until fluffy and season with the salt and pepper. Pour over the ingredients in your quiche dish. Sprinkle the top with the grated cheese. Bake for 25 - 35 minutes or until browned on the top.
9. Remove from the oven - allow to cool as it will be really hot!
10. Serve with baked potato and salad for a nutritious and filling lunch or dinner.

