



Broccoli, Herb & Feta Cheese Quiche

Serves 4 – 5, makes a 20cm flan dish

Pastry

110g/4oz plain flour

55g/2oz butter

½ egg

grind of black pepper

Filling

1 small onion finely chopped

½ head of broccoli, cut into small florets

2 tbsp mixed fresh herbs, I used tarragon, parsley & chives

drizzle of oil or butter

150ml milk, cream or a mixture

1 egg and 1 egg yolk

50g feta cheese, crumbled

salt & pepper



1. Make the pastry either in a food processor or by hand: combine the flour and butter until the mixture is like crumbs, add the black pepper and egg and bring together to form a ball of dough. Wrap in cling film and allow to rest for 20 min in the fridge.
2. Set the oven to 200C/400F/gas6
3. Roll the pastry out thinly, line a 20cm flan ring or dish and bake blind in the oven for about 15 min or until the edges of the pastry begin to turn golden. After 15 min, remove paper and beans and return to the oven for 5 min to dry out the bottom of the pastry. Remove from the oven and set aside, turn the oven temperature down to 150C/300F/gas2
4. Fry the onion gently in the oil or butter until cooked but not browned.
5. Steam the broccoli for 5 mins, remove from the pan and run under cold water to set the colour. Drain well.
6. Spread the onion, broccoli and herbs over the base of the pastry case.
7. Mix the eggs, cream/milk together with a good grinding of pepper and a little salt. Pour into the pastry case and sprinkle the cheese over the top.
8. Bake for about 30min, the cheese on top of the quiche should have a touch of golden colour and the filling should be set.
9. Can be served warm or cold.