



CHEESE & BROCCOLI QUICHE

Vegetarian Main: this recipe provides a portion of non-dairy source of protein. It counts towards the standard to provide a portion of non-dairy source of protein at least three times each week for vegetarians. This dish contains pastry so also counts towards the standard to provide pastry no more than twice each week.

Recipe adapted from: Lancashire County Commercial Group

Ingredients

For the pastry:

70g wholemeal flour
210g plain white flour
140g unsaturated fat spread
60ml water

For the quiche:

40g milk powder
280ml water
150g (3) eggs, beaten
300g reduced-fat cheddar cheese
100g broccoli florets, trimmed

Method

1. Pre-heat the oven to 175oC/325oF/gas mark 3.
2. To make the pastry, mix the wholemeal flour, plain flour, spread and the 60ml of water to form dough.
3. Roll out the pastry and line the tins.
4. Bake the pastry case blind for 10 minutes.
5. Meanwhile, make up milk with 280ml of water and mix with the eggs.
6. Cover the pastry with the cheese and broccoli, then top with the milk and egg mixture.
7. Bake in the oven for approximately 20 minutes.

Serving suggestion: with a side salad and new potatoes.



Number of portions this recipe makes:

10 primary servings (135g)
7 secondary servings (195g)



Prep: 10 minutes
Cook: 25 minutes



Allergy information:

Egg, milk, wheat (gluten)



Top Tips

Add salmon for an oily fish dish.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and choose hard yellow cheese which has a maximum total fat content of 25g/100g.