



# Pirton Hill Primary School

## Speedy Cheese and Red Pepper Quiche



This is a very healthy and quick recipe, making 1 large quiche or 8 individual portions.

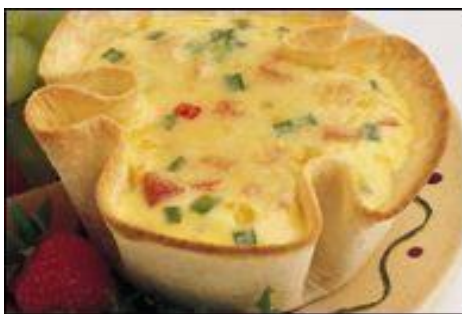
### Ingredients:

- 1 red onion (sliced)
- 1 red pepper (finely shredded)
- small sprinkle of oregano
- salt & pepper as required
- large floured tortillas
- 100g grated mature cheddar
- 4 large eggs (or 5 medium)
- 1pt milk
- vegetable oil

### Method:

1. Preheat your oven to 170°C or gas mark 3.
2. Lightly fry the onions and peppers in the oil until soft and as much of the liquid has evaporated. Tip: sprinkle a little salt into the pan as this helps to bring out the water from the onions and peppers. Allow to cool.
3. Beat the eggs together adding some salt and pepper (to your personal taste), pour in the milk and continue to whisk until well mixed.
4. If making a large quiche, line a pie dish with the tortilla. If making individual ones, using a round cutter, cut out circles and line each pocket of a muffin tin with the tortilla.
5. Take the pepper and onion mix and put it into the tortilla case / cases. Sprinkle on the oregano followed by most of the grated cheese.
6. Pour over the milk mixture and sprinkle the remaining cheese on top.
7. Bake in the oven for approx. 25-30 minutes for the large quiche (or 15-20 minutes for the individual quiches) until the milk mixture has set and they are golden brown.

*Note: You can make any flavour quiche. Remember: get as much moisture out of your extra ingredients. Feta cheese and spinach is Mr Passarelli's favourite!*



**All these recipes have been put together for the children of  
Pirton Hill Primary School.**