



Eggy bake

You will need:

Basic mixture

- 4/5 eggs (depending on size)
- 275ml milk / cream or combination
- Grated cheese (a few good handfuls)
- Seasoning (pepper / spices / herbs)

Top tips

- Delicious hot or cold
- Perfect for picnics
- Cook in muffin trays for individual portions
- Make ahead and freeze

Additional ingredients

Your favourite quiche fillings can be added, just be sure to cook them first

- Roasted vegetables
- Beetroot and feta cheese
- Roast squash and feta cheese
- Leek and ham / bacon
- Salmon and broccoli / asparagus

Allergens for basic mixture

- Eggs
- Milk

Prepare any additional ingredients:

- Fry leek /onions / mushrooms / spinach
 - Roast vegetables
 - Cook meats / fish or use leftovers
 - Chop feta / beetroot / ham
-

Break eggs into a bowl and combine with milk / cream and seasonings

Place additional ingredients in baking dish then pour over the egg mixture and mix in the cheese

Grease an ovenproof dish and preheat the oven to 180°C / Gas mark 4

Bake for approximately 30 - 40 minutes, until set all the way through

Enjoy hot or cold....Perfect for lunch, dinner and on the go!

For more recipes, visit www.talkcommunitydirectory.org/cooking

