

SILVERBEET AND CHEESE CRUSTLESS QUICHE

Season: winter

From the garden: silverbeet, onion, leeks, garlic, eggs,

herbs Type: side-dish

Difficulty: medium

Serves: 6-8

Recipe source: *adapted from Diane Lucca's Leek and Spinach Recipe, Peninsula Primary*

Equipment

- 🍷 Quiche dish or other baking dish
- 🍷 Chopping board
- 🍷 Kitchen knife
- 🍷 Grater
- 🍷 Wooden spoon
- 🍷 Measuring spoons, cups and jug
- 🍷 Whisk
- 🍷 Chopping board
- 🍷 Kitchen knife
- 🍷 Small fry pan or electric pan

Ingredients

- 🍷 8 large silverbeet leaves
- 🍷 1 onion and or 2 leeks
- 🍷 2 cloves of garlic
- 🍷 250 grams of tasty cheese
- 🍷 1 cup of milk
- 🍷 3 eggs
- 🍷 ½ cup flour
- 🍷 1 teaspoon baking powder
- 🍷 Handful of herbs such as thyme, parsley or sage

How to make it:

1. Preheat oven to 220 °C. Use a pastry brush to grease the quiche dish with some olive oil.
2. Trim the roots from the leek and wash carefully as dirt can be hidden in the leaves. Thinly slice the white part of the leek. The green part of the leek should go in the compost bin.
3. Trim the ends of the onion and peel off the skin. Dice finely.
4. Trim the ends of the garlic cloves and peel off the skin. Chop finely

5. Wash the silverbeet and dry gently. Remove the stem from the centre of each leaf and dice. Then, fold the leaves in half and slice finely across.
6. Heat 2 teaspoons of olive oil to a frying pan over medium heat and sauté the garlic, onion or leek and the silverbeet stems until the onion or leek is soft and translucent.
7. Wash the herbs and dry gently. Remove any hard, woody stems then chop finely.
8. Grate the cheese.
9. Break the eggs into a large mixing bowl, pour in the milk and whisk together.
10. Add the flour and baking powder and continue mixing until all ingredients are blended together.
11. Fold in the chopped silver beet, onion mixture, grated cheese and herbs.
12. Spoon into the prepared dish.
13. Bake for 30 minutes until golden brown and egg has set. Allow to cool for a few minutes before serving.

Options

- 🍴 You can substitute cavolo nero, kale or spinach instead of the silverbeet, in this recipe. Or, use a mixture of leafy greens. This basic quiche recipe can also be used with asparagus, ham, broad beans, tomatoes, broccoli etc.
- 🍴 Try using crumbled feta instead of grated tasty cheese.
- 🍴 Quiche: (pronounced 'keesh') Originating from the Northeast of France, a quiche is traditionally a pastry case filled with a savoury custard. The most famous is quiche Lorraine made with bacon and gruyere cheese.