

# October: “CRUSTLESS QUICHE LORRAINE”

2015

## INGREDIENTS

- Cooking spray oil
- 2 onions finely chopped
- 125g shortcut bacon chopped
- 6 eggs
- 300ml cooking cream
- 2 tblsp finely chopped chives (or herb of choice)
- 1 cup grated tasty cheese
- Salt and pepper to taste
- 2 tomatoes thinly sliced



## METHOD

1. Preheat oven 180°C (160°C fan-forced) spray a 25cm round ovenproof flan dish (6 cup capacity) with oil.
2. Lightly spray a heated non-stick frying pan with oil and onions and bacon, cook stirring until onions are soft remove from pan and spread over base of flan dish.
3. Place eggs, cream chives and cheese in a large jug and whisk to combine, season, pour over onion mixture, arrange tomatoes on top
4. Cook in a moderate oven for 35 – 40 minutes or just set and golden. Stand for 15 minutes before serving
5. Garnish with chopped chives, Serve warm or cold with salad.