

MINI CRUSTLESS QUICHE

(Courtesy Sall-Ann Creed)

Ingredients:

500g meat of choice (bacon or pork mince with crushed fennel seeds – lovely)

½ cup veggies (mushrooms, onion, red ball pepper, spinach)

¼ to 1/3 cup cheese of choice

5 eggs

¾ cup heavy cream

Method:

Sautee the veggies. Mix together with cheese and set aside

Whisk eggs and cream and pour into muffin tins

Add meat and veggie blend to each cup of egg mixture

Bake at 170 degrees C for 25 minutes or till golden brown

Store in fridge until they are ready to be eaten