

Mini Quiches

workstation:

Equipment

Cupcake tins
Whisk
Large spoon
Chopping board
Non slip mat
Large bowl
Cookie cutter
Canola spray
2 large bowls
Wooden spoons

Ingredients

Frozen pastry
12 eggs
Can of coconut cream
3 tomatoes finely chopped
2 cups of chopped fresh greens (spinach, kale, parsley)
½ cup finely chopped spring onion
2 grinds of pepper
2 grinds of salt

Method

1. **Pre heat** oven to 200°C
2. Use the cookie cutter, **cut** out pastry into circles
3. **Spray** the cupcake tin with canola spray
4. **Place** the pastry into the cupcake tins
5. Finely **chop** all the fresh produce and place in a large bowl
6. **Place** all the eggs, salt, pepper and the coconut cream into a large bowl and whisk until well combined
7. **Pour** the egg mixture over the fresh produce and combine well using the wooden spoon
8. **Spoon** mixture into the pastry cups
9. **Cook** until eggs are cooked and lightly brown on top