

# Mini Quiches

## Ingredients

### Short crust pastry

100g plain flour

50g butter or baking fat/block

2-3 x 15ml spoons water

### Filling

2 eggs, large

125ml semi-skimmed milk

50g reduced fat cheddar cheese

1 tomato

2 rashers bacon (or 3 mushrooms and 1x5ml spoon oil)



## Method

1. Preheat the oven to 170°C.
2. Grease the muffin case tin.
3. Make up the shortcrust pastry: Sift the flour into a bowl;
4. Cut the fat into cubes and add to the flour;
5. Rub the fat into the flour until the mixture resembles breadcrumbs;
6. Add the water a spoonful at a time and mix until the dough comes together.
7. Roll out the pastry, on a floured surface, and cut small circles to go into the tins.
8. Prick the bottom of the pastry with a fork.
9. Grill the bacon until crispy and slice (slice and fry the mushrooms in the oil for 2-3 minutes).
10. Place the bacon/mushrooms around the pastry base.
11. Grate the cheese and whisk with the eggs and milk.
12. Pour the egg mixture over the pastry base.
13. Slice the tomato and place on top.
14. Bake for 25-30 minutes, until golden brown and firm.