



## STAR RECIPE: CHEESE AND TOMATO QUICHE (Serves 8)

This recipe is from the Week 2 Menu and allergens are noted in red:  
**Gluten, Milk, Eggs**

### Ingredients

200g plain flour	100g butter
75g cheddar cheese	3 eggs
5 tbsp double cream	200g fresh sliced tomatoes
Oregano – handful, chopped	Pinch of salt
Rosemary – 2 sprigs, chopped	

### Method

#### For the pastry

Rub the butter into the flour until it forms a consistency similar to that of breadcrumbs.

Add the chopped rosemary and a pinch of salt and continue to rub together until a ball is formed.

Cover with clingfilm and leave to rest for 30 minutes.

#### For the filling

Line the pastry into a tart case and pre-bake for 10 minutes at 180c until the pastry is 70% cooked.

Remove the pastry from the oven and allow to cool.

In a large bowl beat the eggs then add the cream and oregano.

Once the pastry has cooled line the tomatoes on top of the pastry and cover with the egg mixture until the pastry case is  $\frac{3}{4}$  filled.

Sprinkle the cheese and bake for 25 mins at 170c.

Serve hot or cold with salad and enjoy 😊

