

Kale Cheese Carrot Quiche



Ingredients (Serves 6)

- 6 Kampung eggs, lightly beaten
- ½ cup milk
- ½ cup Cheddar
- 2 tbsp olive oil
- 2 cloves garlic, minced
- ½ red onion, diced
- 1 cup kale, stems removed & leaves chopped fine
- Salt and pepper, to taste

Preparation

1. Saute Kale with red onions and garlic in olive oil till soft and fragrant.
2. Remove from heat and let cool to room temperature.
3. Mix all ingredients together in a large bowl (Eggs, Milk, Cheddar, and cooked Kale mixture)
4. Lightly oil muffin tray
5. Spoon out quiche mixture into the muffin tray
6. Bake in a 180°C pre heated oven for about 20 – 25mins or until egg mixture is firm.

Note: This is a versatile crustless quiche recipe that can be modified to suit your tastes.

Some other great combination ideas:

Kale, cheese & mushrooms

Kale, tomatoes & leeks

Kale, bacon & cheese



PluckedVeg



011-6109 5205