



NO BASE QUICHE

Make an easy crustless quiche to cut out the faff of making pastry. It's packed with cheese and veg for a lovely breakfast or snack.

 10 minutes

 50 minutes

 1 portion

INGREDIENTS

- 2 medium units of egg, whole, raw, fresh [88 g]
- 1 large unit of egg, white, raw, fresh [33 g]
- 50 grams of tomatoes, cherry, raw
- 80 grams of broccoli, raw
- 20 grams of cheese, cheddar
- 1 tablespoon of oil, olive [11 g]

COOKING METHOD

- Heat the oven to 180C/160C fan/gas 4. Butter and ovenproof dish. Heat the oil in a frying pan and add the broccoli and tomatoes and cook over a low heat for 5 mins or until softened. Whisk the eggs, and two thirds of the cheese together in a bowl. Season with salt and black pepper. Mix through the vegetables. Pour into the tin and top with the veg with remaining cheese. Bake for 25-30 mins or until golden brown with a slight wobble in the centre.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (282 g)	% DRI
ENERGY	128 kcal	361 kcal	18 %
PROTEIN	8 g	22 g	44 %
CARBOHYDRATE	3 g	9 g	3 %
SUGARS	1 g	4 g	4 %
FAT	9 g	27 g	38 %
FATTY ACIDS, TOTAL SATURATED	3 g	8 g	41 %
FIBER	1 g	3 g	11 %
SODIUM	120 mg	339 mg	14 %