



Mini Broccoli and Apple Quiche

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 12 (using a mini muffin pan):

- 25g broccoli, finely chopped
- 25g apple, grated
- 25g cheese, grated
- 50g cottage cheese
- Half tsp sage
- 1 small egg
- 225g shortcrust pastry

Instructions

1. Roll out the pastry into a large rectangle and use a 3" round cutter to stamp out 12 circles. Push them into each hole of your mini muffin pan, leaving a little overhang. Bake at 200 degrees C for 5 minutes.
2. Meanwhile, beat the egg with the cheddar and cottage cheese. Mix in the broccoli, apple and sage.
3. Spoon the mixture into each pie crust, then return to the oven at a reduced temperature of 190 degrees C for about 10 minutes or until the filling is set.