

HAM & CHEESE BREAD QUICHE

No pastry, no problem! Whip up this quick quiche in a flash using bread.

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HAM & CHEESE BREAD QUICHE

SERVES 4

PREP+COOK 30 MIN

Ingredients

1 tbsp margarine (or butter) 4 slices bread (gluten free if required) 1 cup ham or cooked chicken, chopped 1 cup capsicum, chopped (or vegetables of your choice) 1/2 onion, finely chopped 1/2 cup sundried tomatoes (or fresh

handful of fresh parsley, chopped

1/2 cup mozzarella, grated (or diced)

salt and freshly ground black

tomatoes), chopped

¹/₂ cup **cheese**, grated

6 eggs, lightly beaten

100 ml milk

pepper

Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.

Butter the bread and lay the buttered slices down in the prepared tin.

Mix together the ham, capsicum, onion, tomatoes and half the parsley. Spread over the bread.

Sprinkle the cheeses evenly over the ham and vegetable mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese.

Garnish with the remaining parsley and bake in the oven for 15 - 20 minutes until golden and crispy.

Serve hot with salad or slice and pop in lunch boxes.

This is perfect for a picnic or camping.

TIP Play around with filling ingredients to use up what you have.

TIP If you don't have mozzarella, use whatever cheese you have.



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SERVES

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PREP+COOK 30 MIN

Ingredients

1 tbsp margarine (or butter) 4 slices bread (gluten free if required) 1 cup ham or cooked chicken. chopped 1 cup capsicum, chopped (or vegetables of your choice) 1/2 onion, finely chopped 1/2 cup sundried tomatoes (or fresh tomatoes), chopped handful of fresh parsley, chopped ½ cup cheese, grated 1/2 cup mozzarella, grated (or diced) 6 eggs, lightly beaten 100 ml milk salt and freshly ground black pepper

Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.

Butter the bread and lay the buttered slices down in the prepared tin.

Mix together the ham, capsicum, onion, tomatoes and half the parsley. Spread over the bread.

Sprinkle the cheeses evenly over the ham and vegetable mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese.

Garnish with the remaining parsley and bake in the oven for 15 - 20 minutes until golden and crispy.

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SERVES

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PREP+COOK 30 MIN

Ingredients

1 tbsp margarine (or butter) 4 slices bread (gluten free if required)

1 cup ham or cooked chicken, chopped

1 cup capsicum, chopped (or vegetables of your choice) 1/2 onion, finely chopped

1/2 cup sundried tomatoes (or fresh tomatoes), chopped

handful of fresh parsley, chopped 1/2 cup cheese, grated

1/2 cup mozzarella, grated (or diced) 6 eggs, lightly beaten

100 ml milk salt and freshly ground black

pepper

Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.

Butter the bread and lay the buttered slices down in the prepared tin.

Mix together the ham, capsicum, onion, tomatoes and half the parsley. Spread over the bread.

Sprinkle the cheeses evenly over the ham and vegetable mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese.

Garnish with the remaining parsley and bake in the oven for 15 - 20 minutes until golden and crispy.

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HAM & CHEESE BREAD QUICHE

PREP+COOK 30 MIN

Ingredients

1 tbsp margarine (or butter) 4 slices **bread** (gluten free if required)

1 cup ham or cooked chicken, chopped

1 cup capsicum, chopped (or vegetables of your choice)

1/2 **onion**, finely chopped 1/2 cup sundried tomatoes (or fresh tomatoes), chopped

handful of fresh parsley, chopped

½ cup cheese, grated

1/2 cup mozzarella, grated (or diced) 6 eggs, lightly beaten 100 ml milk

salt and freshly ground black pepper

Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.

Butter the bread and lay the buttered slices down in the prepared tin.

Mix together the ham, capsicum, onion, tomatoes and half the parsley. Spread over the bread.

Sprinkle the cheeses evenly over the ham and vegetable mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese.

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