

ZUCCHINI, MINT & FETA QUICHE

This quiche uses bread instead of pastry.

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Spread over the bread.

PREP+COOK 30 MIN

Ingredients

1 tbsp margarine (or butter) 4 slices bread (gluten free if required) 1 zucchini, grated and squeezed dry 2 sprigs fresh mint, chopped finely 2 spring onions, chopped zest of 1/2 lemon 100g feta cheese ¹/₂ cup mozzarella, grated or diced 6 eggs, lightly beaten 100 ml **milk** salt & freshly ground black pepper



Crumble the feta and sprinkle mozzarella cheese evenly over the zucchini and onion mixture.

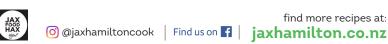
Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese and bake in the oven for 15-20 minutes. until golden and crispy

Serve hot topped with sour cream and coriander and a crisp green salad, or as part of a vegetarian platter. If serving cold, slice and pop in lunch boxes.

TIP Try using cooked peas, broccoli or spinach instead of zucchini.

TIP If you don't have feta and/or mozzarella, use whatever cheese you have.



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2 spring **onions**, chopped

zest of 1/2 lemon

100g feta cheese

100 ml **milk**

6 eggs, lightly beaten

1 zucchini, grated and squeezed dry

2 sprigs fresh mint, chopped finely

¹/₂ cup mozzarella, grated or diced

salt & freshly ground black pepper

Ingredients

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

Mix together the zucchini, mint, spring onions and lemon zest. Spread over the bread.

Crumble the feta and sprinkle mozzarella cheese evenly over the zucchini and onion mixture.

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

Pour mixture over the sprinkled cheese and bake in the oven for 15-20 minutes, until golden and crispy.

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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 zucchini, mint, spring onions and lemon zest. Spread over the bread. Crumble the feta and sprinkle mozzarella cheese evenly over the zucchini and onion mixture.

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

Pour mixture over the sprinkled cheese and bake in the oven for 15-20 minutes, until golden and crispy

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