

No pastry quiche

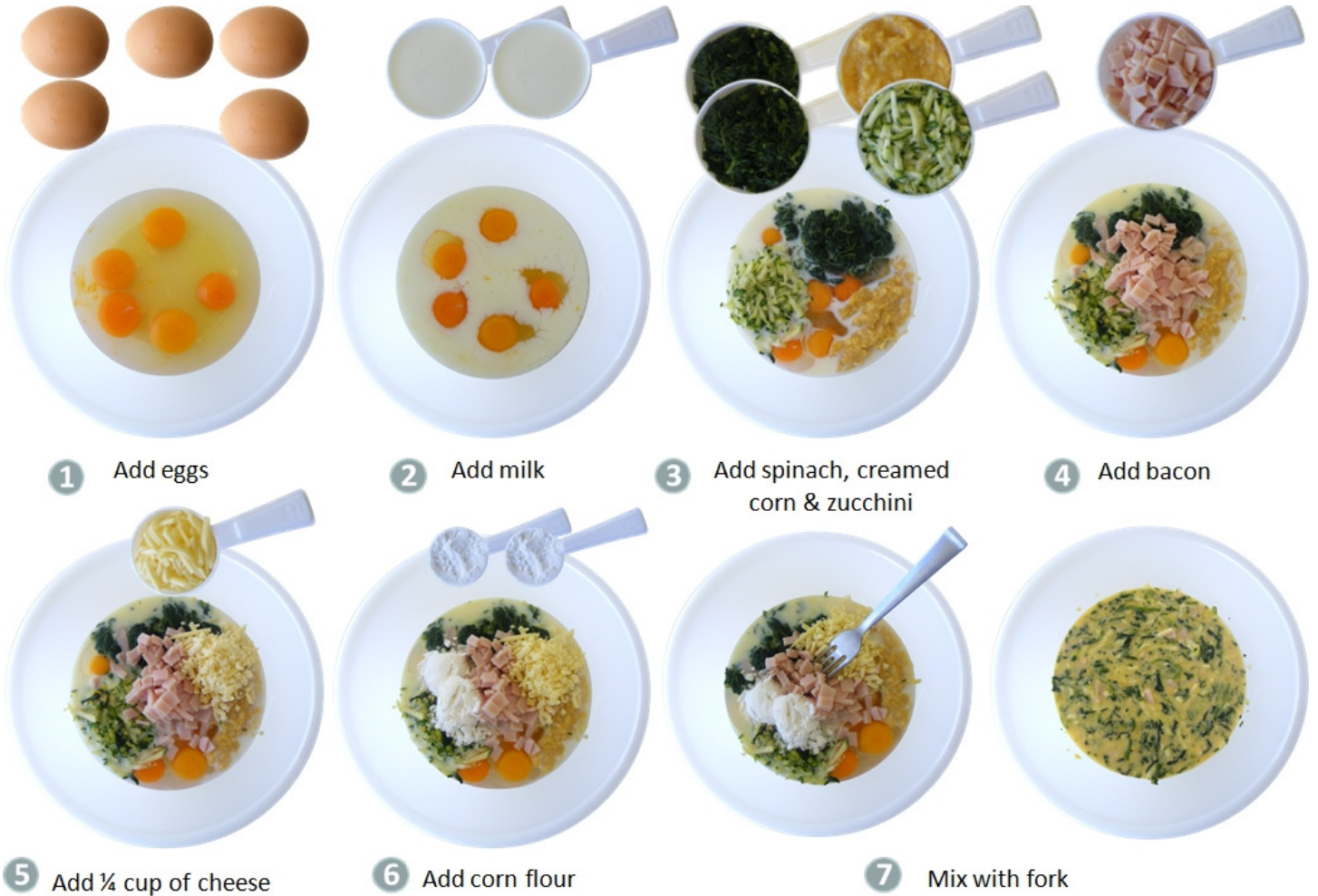


Feeds 4

Equipment



Ingredients



1 Add eggs

2 Add milk

3 Add spinach, creamed corn & zucchini

4 Add bacon

5 Add 1/4 cup of cheese

6 Add corn flour

7 Mix with fork



8 Line and oil tray



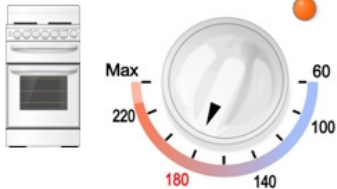
9 Put mixture in tray



10 Sprinkle cheese on top



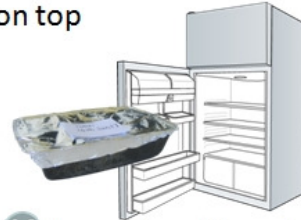
11 Garnish with tomato



12 Preheat & cook at 180 °C for between 35 to 45 minutes



13 Cover with foil & label with your name & the date



14 Leave in refrigerator



15 Remove foil & place board on top



16 Up turn board to Remove quiche

Food groups no pastry quiche










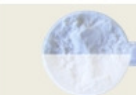
17 Carefully remove the paper lining



18 Cut and serve



Serves in 1 serve of no pastry quiche

	1 1/4 serve of vegetables
	
	
	1 1/4 serve of egg
	1/4 serve cheese
	1/6 serve of milk
	1/4 serve bacon
	Corn flour (used as binder)

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Solomon Islanders of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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