

Spinach, Ricotta and Sundried Tomato Quiche

Preparation time is 45 minutes, with a cooking time of 25 - 35 minutes, at a cooking temperature of 190oC/170oC Fan/Gas 5.

The recipe makes a quiche of 20cms, with around 8 servings.

Ingredients

Shortcrust Pastry - see separate listed recipe for this.

Glutafin Gluten Free Select Multipurpose White Mix (for dusting)

1 tsp of Olive Oil

1 small red onion diced

115g of spinach, chopped defrosted and drained

25g sundried tomatoes reconstituted and chopped, or 50g sundried tomatoes in oil

85g of Ricotta cheese

2 large eggs beaten

150ml of milk

25g of mature Cheddar cheese, grated

Salt & pepper

Method

1. Dust the work surface with the Mix and roll out the pastry then fit the pastry into a 20cm, loose bottom flan dish.
2. Heat the oil in a frying pan, then add the diced onion and fry on a medium heat for 4 minutes, tossing over part way through, then pour/place the mixture on the bottom of the flan.
3. Mix together the spinach, ricotta and $\frac{3}{4}$ of the sundried tomatoes, add this to the flan and spread over the flan.
4. Beat together the eggs, milk and seasoning and pour into the pastry case.
5. Now top up the flan with the grated Cheddar cheese and the remaining sundried tomatoes.
6. Bake in a pre-heated oven for 25 - 35 minutes.
7. Leave in the tin to cool before removing, this prevents the flan from crumbling.