



Bacon & Cheese Quiche

Ingredients

Filling:

3-4 rashers of gluten free bacon, trimmed and lightly grilled or sauted.

3-4 slices of Swiss or Gruyere cheese, chopped.

2 eggs

1 tspn maize cornflour

Pinch of ground nutmeg

Pinch of cayenne

½ cup of cream

½ cup of milk

1 tbspn melted butter

Salt and pepper to taste

Base:

1 packet of Orgran Falafel Mix

Method

Prepare Falafel Mix as per instructions and spread over the base and side wall of a greased 20cm pie plate.

Place bacon and cheese in the case.

Combine remaining filling ingredients well, but do not over beat, as this causes bubbles on the top.

Pour gently over the base.

Bake in a hot oven (200oC) for 10 minutes.

Reduce heat of oven to moderate (180oC) and continue baking for 20 minutes, or until the filling is firm.

A knife inserted into the quiche, when finished, will come out clean.