

## Courgette Quiche

Serves 4

### Ingredients

- 200g/7oz Shortcrust Pastry
- 1/2 and Onion, Finely chopped
- 60ml/2 fl.oz. Olive Oil
- 2 Small Courgettes
- Salt & Pepper
- 2 Eggs
- 150ml/5 fl.oz. Double Cream
- 150ml/5 fl.oz. Milk
- Ground Nutmeg
- 75g/3oz Gruyere, grated

### Preparation method

1. Heat the oven to 170C, 325F, Gas mark 3. Roll the pastry out and line an 22cm/8 inch flan tin. Cover this with greaseproof paper and fill with baking beans. Bake blind in the oven for 10 minutes. Remove the paper and beans and bake for a further 5 minutes.

2. Fry the chopped onion in olive oil until soft and transparent. Remove from the pan with a slotted spoon and reserve.

3. Thinly slice the courgettes; fry them until lightly coloured. Season to taste with salt and freshly ground black pepper. Remove from the pan with the slotted spoon and reserve.

4. Combine the eggs, cream and milk and mix thoroughly. Season to taste with salt, freshly ground black pepper and grated nutmeg.

5. Sprinkle 25g/1oz grated Gruyere cheese in the bottom of the pastry case. Combine the onion and courgettes and spoon into the pastry case. Sprinkle with 25g/1oz. grated cheese then pour in the egg and cream mixture and sprinkle with the remaining cheese.

6. Bake the quiche in the oven for 30-40 minutes or until set and golden brown. Serve hot or cold