

Mini Spinach, Cherry Tomato and Ricotta Quiches



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Lunchboxes & Snacks, Vegetarian, Kid Friendly



Ingredients

MINI QUICHES

Makes 12 mini quiches.

- 3 sheets shortcrust pastry, slightly thawed
- 4 eggs
- 1 cup milk
- 3/4 cup ricotta cheese
- 3/4 cup shredded tasty cheese
- 2 cups tightly packed baby spinach

- 12 cherry tomatoes, halved
- Pinch of salt and pepper
- Olive oil cooking spray

TOMATO CHUTNEY

- 1 red onion, diced
- 400g diced tomatoes
- 2 tsp curry powder
- 1 tsp ginger
- 2 tbsp apple cider vinegar
- 1 tbsp brown sugar

Method

1. Heat a non-stick pan on medium heat and gently cook the spinach until wilted and soft, this shouldn't take more than 30 seconds.
2. Preheat oven to 180 degrees and lightly spray a 12-hole muffin pan with cooking spray.
3. Using a 10cm round cookie cutter, cut 4 circles from each pastry sheet and use these to line the muffin pan.
4. In a bowl add the eggs and milk, whisk, then set aside.
5. In a separate bowl add the spinach, ricotta, tasty cheese and cherry tomatoes, mix.
6. Spoon equal amounts of the filling in the muffin tin, then pour the egg mixture over the filling.
7. Bake for 25 - 30mins until firm.
8. For the tomato chutney, place onion, tomatoes, curry powder, ginger, vinegar and sugar into a saucepan.
9. Stir occasionally over medium heat, for approximately 30 minutes until the mixture is thick.
0. Allow to cool before serving, and allow to completely cool before refrigerating.

Notes

Keeps for one week in the fridge.

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Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
544g	4320kj 1033kcal	35.3g	63.7g	31.6g	76.7g	24.4g	1130mg	5.1g

All nutrition values are per serve.