

Roast Pumpkin Quiche



Preparation time:	55 mins
Serves:	4 people
User Rating:	★★★★☆

Publication: 1 April 2020
Categories: Dinner Recipes, Lunch Recipes, Vegetarian

So what's the deal with quiche? It's hard to spell but easy to make. Go figure.

And packed with hearty flavour and a textbook-light texture, our roast pumpkin quiche is a foolproof way to master this delicious kitchen staple classic.

And with no pastry rolling required – it's extremely quick to prep and pop in the oven for an any-time-of-day meal. Of course, if you're feeling fancy, you could always sprinkle in some bacon for your non-vegetarian friends.



Ingredients

- 600g pumpkin
- 1 chopped red capsicum
- 1 chopped red onion
- 1 tbsp olive oil
- 6 Eggs
- 1/2 cup light cream

- 60g crumbled low-fat fetta
- 2 tbsp chopped chives

Method

1. Cut 600g pumpkin into 1cm cubes. Combine pumpkin, 1 chopped red capsicum and 1 chopped red onion in a large baking dish.
2. Drizzle over 1 tablespoon olive oil. Cook (240C) for 10 minutes, turning during cooking.
3. Spoon vegetable mixture into 4 lightly greased 1/2 cup capacity ovenproof dishes.
4. Whisk 6 Eggs with 1/2 cup light cream. Pour over vegetables.
5. Top with 60g crumbled low-fat fetta and 2 tablespoons chopped chives. Cook (190C) for about 30 minutes or until set. Serve with salad.

Notes

Discover our [quick & easy quiche recipe](#) today that is perfect for an easy lunch or dinner.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
361g	1420kj 339kcal	19.1g	20.7g	8.1g	16.2g	13.7g	297mg	4.8g

All nutrition values are per serve.