

# RECIPE FOR HAPPY BELLIES :)

## QUICHE

100 g plain flour	£0.05
100 g olive spread	£0.25
1 onion, chopped	£0.04
½ pkt cherry tomatoes	£0.40
2 eggs	£0.70
1 small tub yogurt	£0.25
200 g cheddar cheese	£1.25
¼ small bunch parsley	£0.18
1 tsp smooth mustard	£0.05
½ lettuce of choice	£0.35

**£3.52**

**4 PORTIONS = 88p/PORTION**

**METHOD:** In a bowl or food processor, mix flour and olive spread until it forms a smooth ball of dough. Wrap in clingfilm and chill until required. Place half of tomatoes on a baking sheet and grill until bursting. Mix eggs, yogurt and mustard together and grate in cheese, reserving around a quarter for topping. Fry onion until just beginning to soften and no more. Gently roll pastry out flat and line large baking dish, using a little extra flour and spread for preventing sticking. Using a fork, prick small holes in pastry and bake in 200 degree oven for around 10 mins to dry pastry before filling. Mix onions, parsley and tomatoes into egg mixture and fill pastry base. Sprinkle remaining cheese on top and bake for a further 15-20 mins. Serve with the remaining cherry tomatoes and lettuce. Alternatively serve smaller portions of quiche with a baked potato , crusty bread and more salad.