



Spinach and Mushroom Quiche



Ingredients –

- 2 tbsp. olive oil
- 225g sliced fresh mushrooms
- 1 ½ cups thinly sliced onion
- 1 tbsp crushed garlic
- 140g fresh baby spinach
- 6 large eggs
- ½ cup whole milk
- 1 tbsp Dijon mustard
- 1 tbsp fresh thyme leaves
- ¼ tsp salt
- ¼ tsp pepper
- 1 ½ cups shredded Gruyere cheese

Method

preheat oven to 180 degrees C. and coat a 9 inch pie pan with cooking spray

Heat the oil in a large pan, add the mushrooms and cook until brown and tender

Add the garlic and onions and continue cooking for 5 mins

Add the spinach and cook until wilted

Whisk the eggs with the milk, mustard, thyme and seasoning then fold into the mushroom mixture with the cheese

Transfer to pie pan and bake until set and golden brown, approx. 30 mins