

# Quiche

Calcium*
Vitamin D
Iodine



SERVES 6-8

## Ingredients

- Short crust pastry, ready rolled** or homemade
- Packet of bacon
- 1 red onion ,finely sliced
- Tin of sweetcorn
- Dried mixed herbs
- ½ carton of soya cream (approx. 125ml)
- 3 large eggs
- Suitable cheese (optional)

## Directions

- Preheat the oven to 200°c/Gas mark 6/180 Fan. Grease your flan dish. Press the rolled pastry down carefully into the edges and trim the excess with a knife. Bake for 15mins using baking beads to keep the pastry flat until lightly cooked.
- Meanwhile gently cook your onion and chopped bacon till cooked through.
- Drain your sweetcorn and then mix into bacon and onion.
- Mix together the beaten eggs and soya cream. Spoon the filling into the pastry case then pour over the egg mixture. Top with mixed herbs (and suitable cheese if you wish)
- Return to the oven for 15-20mins until centre is set.
- Serve hot or cold with potato wedges, chips or green salad

* Contains calcium when made with suitable cheese
**Check the ingredients

Lactose & Galactose Free Recipe

Metabolic.ie
National Centre for Inherited Metabolic Disorders