

SPINACH BACON AND FETA QUICHE



By Food lovers recipes

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PASTRY

250ml sifted cake flour
150g butter/margarine softened
250ml grated cheddar cheese

FILLING

30ml oil
250g shredded spinach
100g rindless bacon chopped
1 onion sliced
3 eggs beaten
250ml tub cream
125g crumbled feta cheese
30ml grated cheddar cheese
salt en black pepper
10ml grated parmesan cheese

METHOD – PASTRY

Rub together ingredients and press to base and up the sides of a slightly greased dish

METHOD – FILLING

Heat oil in pan and add spinach, cook, stirring until spinach begins to wilt. Remove, drain very well

Add bacon and onions to same pan, cook, stirring until onions is soft. Drain and set aside. Whisk together eggs and cream in a bowl, set aside. Spread spinach evenly over pastry. top with bacon mix. Crumble feta and cheese

over mixture. Sprinkle with cheddar and parmesan cheese. Pour in egg mixture. Bake at 180 for 30-40 minutes.

Serve warm

Note: You can add mushrooms to the onion mix and if preferred you can leave the bacon

Resep van Vriendin Marie de Vries

Foto: Amanda Conradie en Elize Grobbelaar