

# MINI QUICHE



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1 roll puff pastry

### Filling:

1 bundle spinach

250-350 g chicken, cubed or flaked

1 onion

5 ml salt

1 teaspoon herbs

0.5 tablespoon garlic paste

1 tablespoon butter

1 tablespoon oil

### White sauce:

2 eggs

2 cups milk

2 tablespoons butter

3 tablespoons flour

pepper to taste

Mozzarella and cheddar cheese, grated

1 piece feta, optional

Chop spinach (like cabbage) set aside.

Slice onion, fry in butter and oil.

Add garlic, salt and herbs.

Add chicken and cook until soft.

Add spinach and cook quickly (spinach draws lots of water).

Once cooked, strain mixture in colander.

Make sauce: like a white sauce, add beaten egg before heating mixture. When it thickens, add spinach and chicken. If using feta, add now.

Roll out pastry, place in muffin pans according size.

Put 1 teaspoon of the filling in each of the the pastry bases. Grate cheese, place over fillings. Bake 200°C for about 10 minutes.

Lower heat to 180°C and bake further 5 minutes till done.

Recipe posted by Natasha Maggott – I've made it a few times. Really lovely!