

Nasturtium Mini Quiche

Season: Spring

Serves: 18 Mini Quiches

Recipe source: Sustainable Holly

Fresh from the garden: Nasturtium leaves, chives, silverbeet

Equipment:	Ingredients:
Measuring jug Whisk Measuring cups Pastry brush Small bowl Mini muffin trays	<ul style="list-style-type: none">• 18 Medium – Large Nasturtium Leaves• 10 eggs• 1 1/2 cups milk• 1 cup frozen corn• 100g Feta• Kale or silverbeet• Pinch of chives or parsley• 3/4 cup grated parmesan cheese• Salt and Pepper to season• Melted butter for greasing muffin tin

What to do:

1. Preheat Oven to 180 degrees celsius
2. Grease a muffin tray very well with melted butter
3. Place your Nasturtium leaves top side down
4. Add your filling (except grated parmesan cheese), just a couple of pieces of each as it will soon fill up
5. Using a measuring jug pour your Quiche mix in and try not to fill over the top of the leaves
6. Sprinkle with grated cheese
7. Bake for 30mins or until the filling has been set
8. Remove and allow to cool for 10mins
9. Carefully remove from trays using a spoon. You may need to run a knife around the top of the cheese has stuck to the sides.