



VEGETARIAN QUICHE

Ingredients

For 1 pie

1 unbaked pastry shell
1 onion
1 medium green pepper
100g tomatoes
1 small zucchini
125g fresh mushrooms
30g butter or margarine
1/2 tsp curry powder
1/2 tsp salt
1/4 tsp pepper
A pinch ground cinnamon
5 eggs
60g milk
70g grated Parmesan
cheese

Steps

- 1.** Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 230°C for 5 minutes. Remove foil; bake 5 minutes longer. Reduce heat to 170°C.
- 2.** In a skillet, saute the onion, green pepper, tomatoes, zucchini and mushrooms in butter. Add the curry powder, salt, pepper and cinnamon; mix well. Spoon into crust.
- 3.** In a bowl, beat eggs. Add the milk and cheese; mix well. Carefully pour over vegetables. Bake for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.