

MINI QUICHES

<i>Ingredients</i>	<i>Equipment</i>
Wholemeal Sliced Bread	Chopping Boards
4 Eggs	Knives
1/4 Cup Cream	Grater
3 Spring Onions	Mixing Jug
1 Silver Beet Leaf	Whisk
100 Grams Corn Kernels	Wooden Spoon
50 Grams Capsicum	Scales
1/3 Cup Grated Tasty Cheese	Cup Measurements
Salt and Pepper to taste	Round Biscuit Cutter
Spray Oil	Muffin Tray

What to do

1. Preheat oven to 180 degrees.
2. Get out all required equipment
3. Spray Muffin tray with oil lightly
4. Using the biscuit cutter, cut each slice of bread. (Two per person).
5. Press the bread lightly into the Muffin tray.
6. Slice Spring Onions finely.
7. Chop Capsicum finely.
8. Tear the leaf off the silver beet stalk, slice finely.
9. Grate the cheese
10. Beat the eggs add cream, salt and pepper.
11. Add all other ingredients to the egg mixture.
12. Pour the egg mixture into the bread cases.
13. Bake for approximately 15 minutes or until golden and set.