

Pumpkin, feta and leek quiche with sprout salad

- 1 sheet frozen reduced-fat shortcrust pastry, partially thawed, halved diagonally
- 2 teaspoons olive oil
- 1 small leek, thinly sliced
- 100g butternut pumpkin, peeled, cut into 1.5cm pieces
- 1 egg
- 2 tablespoons skim milk
- 25g reduced-fat feta, crumbled
- 1/2 teaspoon fresh or dried thyme
- 100g assorted sprouts
- 1 cup baby kale leaves
- 1 teaspoon white wine vinegar



Instructions

Step 1- Preheat oven to 200°C. Line base and sides of 2 x 10cm loose-based fluted flan tins with pastry-sheet halves, trimming to fit. Prick pastry bases with a fork. Freeze flan tins for 15 minutes, or until pastry is firm.

Step 2 -Meanwhile, heat half the olive oil in a small non-stick frying pan set over medium heat. Add leek and cook, stirring, for 5 minutes, or until soft. Cook pumpkin in a small saucepan of boiling water for 5 minutes, or until tender; drain. Set cooked veg aside.

Step 3 -Transfer flan tins from freezer to oven; bake for 10–15 minutes, or until pastry bases are golden. Remove tins from oven. Reduce oven temperature to 180°C.

Step 4 -Whisk egg and milk in a small bowl. Divide reserved veg evenly among pastry bases with feta and thyme. Pour egg mixture over veg and bake for 25 minutes, or until quiche is golden and just set.

Step 5 -Meanwhile, mix remaining olive oil with sprouts, kale and vinegar in a medium bowl to make salad. Serve quiche with sprout salad.