Spring Vegetable Quiche

Ingredients:

For the pastry (or use a ready-made shortcrust pastry):

- 225g plain flour
- 115g cold unsalted butter, diced
- Pinch of salt
- 2–3 tbsp cold water

For the filling:

- 1 tbsp olive oil
- 1 bunch asparagus, trimmed and cut into 3–4cm pieces
- 100g peas (fresh or frozen)
- 3–4 spring onions, finely sliced
- 100g baby spinach
- 4 medium eggs
- 200ml double cream
- 100ml whole milk
- 100g grated cheese (Gruyère, cheddar, or goat's cheese work well)
- Salt and pepper, to taste
- Fresh herbs (optional – chives, parsley, or dill)

Instuctions:

Make the pastry (if not using pre-made):

1. Rub the flour, butter, and salt together until the mix resembles breadcrumbs.

2. Add cold water gradually until the dough just comes together.
3. Form into a disc, wrap, and chill in the fridge for 30 minutes.
4. Roll out and line a 23cm tart tin. Prick the base with a fork and chill again for 10–15 minutes.

Blind bake the pastry:

1. Preheat oven to 180°C (160°C fan) / Gas 4.
2. Line the pastry with baking paper and fill with baking beans or rice.
3. Bake for 15 minutes, then remove the paper and beans and bake for 5–10 more minutes until lightly golden. Set aside.

Prepare the vegetables:

1. Heat the olive oil in a pan and sauté the spring onions for 2–3 minutes.
2. Add asparagus and peas, cooking for another 3–4 minutes.
3. Stir in spinach and cook until just wilted. Season lightly with salt and pepper.

Make the filling:

1. Whisk together the eggs, cream, milk, and half the cheese.
2. Season with salt, pepper, and chopped fresh herbs if using.

Assemble the quiche:

1. Spread the vegetables evenly over the pastry base.
2. Pour over the egg mixture and sprinkle the remaining cheese on top.

Bake:

1. Bake in the preheated oven for 30–35 minutes, or until the filling is just set and lightly golden on top.

Cool and serve:

2. Allow to cool slightly before slicing. Can be served warm or at room temperature.