

Mini Silverbeet and Caramelised Onion Quiche

Equipment:	Ingredients:
Measuring cups Measuring spoons 2 x Muffin Tins 1 bowl Wooden spoon	3 large onions, peeled Salt, pepper 6 eggs 400ml pouring cream 4 frozen puff pastry sheets, thawed. 50 g grated cheddar cheese 4 tbsp. olive oil 12 silverbeet leaves

What to do:

1. Heat oven to 190°celsius. Grease 30 muffin tray holes.
2. Peel and slice onions. Heat a pan with 2 tbsp. of oil, and cook onions on a very low heat until they have caramelized. This will take about 15 mins. Season with salt and pepper.
3. Wash and pat dry the silver beet leaves. Finely slice. Cook gently in a separate frying pan with a little olive oil and 1 tbsp. of butter.
4. Place the eggs & cream in a bowl, season with salt and pepper and whisk lightly until combined. Transfer to a jug for easy pouring.
5. Using a round cutter, cut rounds from each pastry sheet and press gently into muffin tins. Divide the silver beet among the quiche cases and pour over the egg mixture $\frac{3}{4}$ full. Sprinkle on some caramelized onion and cheese. Bake for 12 mins or until golden and puffed.
6. Cool in the muffin trays for 2 mins then carefully transfer to wire rack for 5 mins before serving.