

## Silverbeet and Pumpkin Mini Quiches

**Equipment:**

Chopping board  
Large knife  
Measuring cups and spoons  
Large bowl  
Wooden spoon  
Muffin trays

**Ingredients:**

3 cups cubed pumpkin, steamed 2 minutes  
2 cups of chopped silverbeet, spinach or kale  
2-3 tomatoes, chopped  
3 cups grated cheese  
1.5 small onion, chopped fine  
4 cloves garlic, minced  
6 eggs  
3 cups milk  
1 cup self-raising flour  
Salt  
Pepper

**What to do:**

1. In muffin trays, distribute cubed pumpkin, silver beet, tomato and cheese evenly.
2. In a large bowl, mix onion, garlic, milk, eggs and flour until combined.
3. Transfer to a jug and pour a little into each muffin tray. You don't really need much, it will puff as it cooks and you're really just looking to bind the ingredients, not have them swim in it.