



Mini vegetable quiches



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Ingredients



- 1 medium onion
- 1 green pepper
- 1 yellow pepper
- 2 medium carrots
- 1 x 15ml spoon fresh sage
- 1 x 200g can of red kidney beans
- 50g grated Cheddar cheese
- 2 eggs
- 150ml semi-skimmed milk
- 1 tomato
- 3 sheets of filo pastry
- 15ml vegetable oil





Equipment

- Scales (not shown)
- Chopping board
- Vegetable knife
- Grater
- Mixing bowl
- Kitchen scissors
- Sieve
- Measuring jug
- Fork
- Tablespoon
- Measuring spoons
- 12 hole patty tin
- Pastry brush
- 2 small bowls
- Pan stand
- Oven gloves
- Cooling rack



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Getting started



1. Preheat the oven to 190°C or Mark Gas 5.



2. Peel and chop the onion.





Prepare the peppers



3. Cut the pepper in half and remove the seeds.



4. Place cut side down and slice into thin strips.



5. Dice the pepper.
Kitchen scissors could be used.



6. Slice the yellow pepper in the same way.



Grate the carrots



7. Top and tail the carrot then peel and grate it.





Next steps



8. Use kitchen scissors to snip the sage leaves into small pieces.



9. Drain the kidney beans into a bowl.



10. Place all the prepared vegetables into the mixing bowl.



Mix the filling



11. Grate the cheese.



12. Beat together the egg and the milk.



13. Add the chopped sage, egg and milk mixture and half the grated cheese to the vegetables and mix well with the tablespoon to combine all of the ingredients.





Slice the tomato



14. Cut the tomato in half.



15. Cut each half into quarters, then into three pieces.



Prepare the pastry



16. Put three sheets of filo pastry onto a sheet of cling film.



17. Cut each sheet into 12 squares (3 lengthways and 4 across the width).



(While you use one set of squares cover the rest with cling film to stop it drying out.)



Lining the patty tin



18. Brush each hole with a little oil.

19. Press one filo pastry square into each hole and brush with oil.



20. Press another pastry square into each hole at a different angle and brush with oil.

21. Repeat with the final squares.



Finishing off



22. Divide the filling between the pastry cases.



23. Place a piece of tomato in the centre of each quiche and sprinkle on the rest of the cheese on top.



Baking



24. Bake for 10 to 15 minutes until the filling is set and the pastry is golden brown.



25. Use oven gloves to remove the quiches from the oven and leave on a cooling rack to cool.





Serving



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