



# Courgette Quiche

## Ingredients: (for four jars chutney)

- olive oil
- 2-3 courgettes, halved then sliced
- handful of spring onions or one large onion, chopped
- 8 cherry tomatoes, halved
- 1 pint milk
- 3 eggs
- butter
- shortcrust pastry

## Method:

1. Grease a tart dish with butter, then lay out readymade shortcrust pastry
2. Heat oil in pan, add chopped courgette and onion. Fry for 5-10 minutes, until soft and golden
3. Add vegetables to pastry case
4. Preheat oven to gas mark 6
5. Beat the eggs and milk together in a jug, add to pastry case
6. Add tomatoes
7. Cook in oven for 30 mins, until pastry and top are golden

