



Crustless Quiche

Serves 4

Ingredients:

- 3 large eggs
- 150g cottage cheese
- 80g cheddar cheese
- any of the following: cooked vegetables, olives, tomatoes, sun-dried tomatoes, spring onions
- fresh/dried herbs (parsley, chives, basil, oregano)
- salt and freshly ground black pepper

Method:

1. Preheat the oven to 190°C
2. In a bowl mix the eggs, cottage cheese, herbs and grated cheddar cheese
3. Mix in chopped, extra ingredients
4. Add salt and pepper to taste
5. Spoon into a baking dish
6. Bake in the oven at 190°C for about 15-20 minutes (until just set)

