








Crustless  Mini  Quiches

 **12**  
Makes 12

  
Ingredients

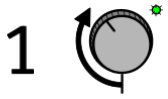
$\frac{1}{2}$ $\frac{1}{2}$ courgette 	4 4 mushrooms 	100  100g cheese 
8 8 eggs 	4 4 tbsp  milk 	

  
Utensils

 muffin tin	 chopping board	 knife	 tablespoon
 grater	 jug	 cake cases	 fork



## Method



1. Turn on the oven to 200°C.



2. Put 12 cake cases in the muffin tin.

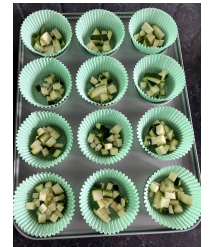
12



3. Chop the courgette into small pieces.



4. Put the courgette into the cake cases.



5. Chop the mushrooms into small pieces.






6. Add the mushrooms to the cake cases.





7. Grate the cheese.



8     
8. Add the cheese to the cake cases.








9    
9. Break the eggs into a jug.







10     
10. Add the milk to the jug.







11   +     
11. Beat the eggs and the milk to mix together.






12   +    
12. Pour the egg and milk into the cake cases.



13      
13. Bake in the oven for 30 minutes until golden brown.



  or   
Enjoy warm or cold.