



Smoked Haddock Quiche

 Serves 4-6  EASY



Ingredients

175 g (6 oz) shortcrust pastry
175 g (6 oz) smoked haddock, cooked and flaked
1 small courgette, thinly sliced
75 g (3 oz) Cheddar cheese, grated
3 medium eggs
200 ml (7 fl oz) milk
1 tsp Dill
Nutmeg Whole

Method

STEP 1

Pre-heat the oven to 200°C, 400°F, Gas Mark 6.

STEP 2

Roll out the pastry and use to line a 23cm (9") flan dish. Bake blind for 15-20 minutes.

STEP 3

Place the fish and courgettes in the bottom of the flan case and sprinkle over the cheese. Beat the eggs thoroughly, blend in the milk, Dill and grate over the Nutmeg to taste. Pour over the fish and return to the oven for 30-35 minutes or until lightly golden and firm to the touch. Serve hot or cold.