

SERVED WITH LOVE

TUNA & CORN QUICHE



TUNA & CORN QUICHE (CRUSTLESS)

Yield: ± 2.4 kg (Makes half insert)

| | |
|------------------|----------------------------------------------|
| 1 ℓ (4 cups) | Milk |
| 170 g (1 sachet) | White Sauce R/P (08432025) |
| 450 g (9 large) | Eggs, beaten |
| 30 g | Garlic & Herb Sprinkle (04094010) |
| 720 g (6 cans) | Tuna, drained |
| 300 g (2 cups) | Corn, whole kernels, frozen |
| 150 g (2 small) | Baby marrows, sliced |
| 150 g (1 medium) | Red pepper, chopped |
| 150 g (2 cups) | Cheese, cheddar and mozzarella, grated |

Method:

- 1 Preheat an oven to 180°C.
- 2 Mix together the milk and White Sauce R/P until lump free and mix in the eggs and Garlic & Herb Sprinkle. Do not cook.
- 3 Grease a half insert with oil or non-stick spray.
- 4 Layer the tuna, corn, baby marrows and red pepper onto the base of the greased half insert.
- 5 Pour the egg mixture evenly over the tuna filling and mix slightly with a fork to combine all ingredients. Sprinkle the cheese over the top.
- 6 Cover the insert with foil and bake for ± 40 - 50 minutes. Carefully remove the foil and continue cooking for an additional ± 10 minutes or until the quiche is lightly browned and set. Remove from the oven and leave to stand for ± 30 minutes before slicing.