



MEDITERRANEAN VEGETABLE AND HASH BROWN QUICHE

by Nadia Terry

Ingredients

- 1 pepper - any colour or mix, cubed
- 1 small to medium courgette, cut in circles
- 4 eggs
- 150g mushrooms, sliced
- 8 hash browns
- 1tsp garlic granules or 2 cloves of garlic
- 1 tsp of dry herbs
- 50 g cheese
- 2-3 tbsp crème fraiche
- 3-4 tbsp veg /olive oil

Equipment

- A bowl
- A wooden spoon
- A knife
- A quiche (or oven proof) dish



Method

1. Roast the vegetables in an air-fryer with the dry herbs, oil, garlic and salt for 10-15 minutes at 200 degrees.
2. Defrost 8 hash browns and press them to form a base in an ovenproof dish. Drizzle with oil, top and bottom, and cook for 10-15 minutes at 200 degrees.
3. In a bowl, mix the eggs, crème fraiche, cheese, and salt and pepper.
4. Once everything is ready, take the hash brown tray and add the roast vegetables.
5. Add the egg mix on top and cook for 15-20 minutes at 180 degrees. Check. If not cooked thoroughly, add another 10 minutes at 200 degrees.
6. Serve with some crunchy bread and a salad of your choice.



Cooking Tip

You can also cook this recipe in the oven.

If cooking in a fan assisted oven, increase the cooking time by a few minutes (time may vary).

Check regularly and take out of the oven when the food looks cooked to your liking.

OUR THANKS TO NADIA TERRY FOR THIS GUIDE.

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