

## MINI VEGETABLE QUICHES

### Ingredients

6 eggs  
120g (3/4 cup) self-raising wholemeal flour  
1.5 cups button mushrooms, coarsely chopped \*  
90g (1 cup) diced lean ham OR shredded chicken OR a 95 g tin tuna in springwater, drained  
150 g of creamed corn  
4 green shallots, thinly sliced  
3/4 cup of coarsely grated cheddar, plus extra, to sprinkle  
3 tablespoons chopped fresh continental parsley or basil  
6 cherry tomato, halved  
Salt and pepper

**READY IN: 10 MIN**

**SERVES: 6-8**

### Directions

1. Crack the eggs into a large bowl. Add the flour and use a balloon whisk to whisk until well combined.
2. Add the mushrooms, ham, corn, shallot, cheddar, salt and pepper, and herbs and stir until well combined. Spoon the mixture into 12 microwave-safe muffin cups. Press the tomato, cut side up, into the top of the mixture. Sprinkle with extra grated cheddar.
3. Microwave on High (800 watts) for 2 minutes or until the egg is set and the quiche is puffed.

\* You can vary the veggies and use diced red capsicum, grated zucchini or carrot, leftover roast veggies such as diced pumpkin or sweet potato.