



6

SERVES/MAKES



COOKING TIME:  
< 60 min



COOKING STYLE:  
Oven

## LANCEWOOD® RUSTIC BROCCOLI & HAM QUICHE

### INGREDIENTS:

#### Crust:

4 sheets phyllo pastry 45 – 60 ml melted butter

#### Filling:

30 ml oil

1 onion, chopped

1 red pepper, chopped

15 ml mild curry powder

125 g ham, chopped

200 g small broccoli florets, cooked until just soft and well drained 60 ml freshly chopped coriander

salt and freshly ground black pepper to taste

200 g LANCEWOOD® Mature Cheddar, grated

250 ml LANCEWOOD® Sour Cream

3 extra large eggs

125 ml fresh cream

### METHOD:

#### Crust:

Brush the phyllo sheets lightly with butter and layer, without overlapping corners, into a greased springform pan. Gently push into the pan.

#### Filling:

Heat the oil and fry the onion and red pepper until soft. Add the curry powder and fry for 1 more minute. Add the ham, broccoli, coriander and seasoning to taste. Mix through. Sprinkle  $\frac{1}{3}$  of the cheese into the base of the prepared crust. Spoon the broccoli mixture over and spread out evenly. Sprinkle the remaining cheese over ( $\frac{2}{3}$ ). Beat the sour cream, eggs and cream together. Pour over. Place on a baking sheet. Bake in a preheated oven at 180°C for 30 - 40 minutes or until golden and set.

#### Cook's notes:

Leave out the ham for a vegetarian version. Add  $\frac{1}{2}$  a cup of whole kernel corn to the mixture for variety. Use 125 g thinly sliced smoked chicken instead of ham.

#### Syrup:

375 ml sugar Juice of 3 lemons (+ 125 ml)

**Icing:**

1 x 230 g LANCEWOOD® Medium Fat Plain Cream Cheese 160 ml icing sugar 15 ml lemon juice 30- 45 ml water

**To finish:**

Lemon zest

**PRODUCTS USED:**

Mature Cheddar



Sour Cream

**ENJOY!**