



8

SERVES/MAKES



COOKING TIME:  
< 45 min



COOKING STYLE:  
Oven

## LANCEWOOD® CHEESE & CORN QUICHE

### INGREDIENTS:

- 45 ml butter
- 15 ml oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 red pepper, chopped
- 3 spring onions, chopped
- 45 ml fresh coriander, chopped
- Salt & freshly ground black pepper to taste
- A pinch of chilli flakes
- 1 x 410 g can whole kernel corn, well drained
- 6 peppadews, chopped (optional)
- 160 g **LANCEWOOD® Mature Cheddar** or **Cheddar**, grated
- 1 x tub **LANCEWOOD® Sour Cream**
- 4 extra large eggs
- 125 ml milk
- 30 ml flour

### METHOD:

Preheat the oven to 180°C. Heat the butter and oil and fry the onion, garlic, pepper and spring onions until soft and golden. Add the coriander, seasoning, chilli flakes, corn, peppadews (if using) and cheese and remove from heat.

Using a separate bowl, beat the sour cream, eggs, milk and flour together. Mix with the cheese and corn mixture and pour into a greased round or square baking dish. Bake for 30 minutes until golden and set. Serve with salad or steamed vegetables.

### PRODUCTS USED:



Sour Cream



Cheddar

**ENJOY!**