

Cheese & Tomato Quiche



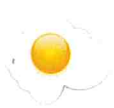
Ingredients

Description	Ptn	10 ptn	50ptn	100ptn	200ptn
Plain Flour	18 g	175 g	875 g	1.75 kg	3.5 kg
Margarine	8 g	75 g	375 g	750 g	1.5 kg
Eggs Medium	0.3 each	3 each	15 each	30 each	60 each
Semi Skimmed Milk	10 ml	100 ml	500 ml	1 L	2 L
Fresh Tomatoes	40 g	400 g	2 kg	4 kg	8 kg
Reduced Fat Cheese (Cheddar Type)	30 g	300 g	1.5 kg	3 kg	6 kg

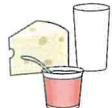
Method

Make the pastry using the flour & margarine.
 Roll out and lin a greased tin.
 Blind bake at 170c.
 Mix the eggs with the milk.
 Sprinkle the grated cheddar and diced tomatoes (dried with a paper towel) into the base.
 Pour the egg mixture over.
 Bake in oven at 170c until set and golden.
 Serve hot.

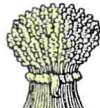
Assembled Tags



Contains Eggs



Contains Milk



Contains Wheat