



BREAKFAST ON THE BRIDGE

BABY ROCKET QUICHE

Healthy & vegetarian.



Photographer: Andre Martin, Stylist: Vicki Liley

50g baby rocket leaves, chopped finely
3 eggs
1 egg yolk
 $\frac{3}{4}$ cup (180ml) cream
pastry
 $1\frac{1}{4}$ cups (185g) plain flour
125g cold butter, chopped coarsely
1 egg yolk
2 teaspoons iced water

- 1 Make pastry.
- 2 Preheat oven to 200°C/180°C fan-forced.
- 3 Grease shallow 20cm-round loose-based tart tin.
Roll pastry out on floured surface until 4mm thick. Ease pastry into tin, press into base and side; prick base all over with fork. Cover, refrigerate 20 minutes.
- 4 Line pastry with baking paper; fill with dried beans or rice. Bake 12 minutes; carefully remove paper and rice. Bake about 8 minutes or until pastry is browned lightly. Reduce oven temperature to 160°C/140°C fan-forced.
- 5 Sprinkle rocket into pastry case. Whisk eggs, egg yolk and cream in medium jug; pour over rocket. Bake quiche about 40 minutes or until set. Cool.

Pastry. Process flour and butter until crumbly. Add egg yolk and the water, pulse until ingredients come together. Knead pastry on floured surface until smooth; cover; refrigerate 20 minutes.



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prep & cook time 1 hour 20 minutes
(+ refrigeration & cooling) serves 8
nutritional count per serving 25.9g total fat
(15.6g saturated fat); 1375kJ (329 cal);
17.6g carbohydrate; 6.7g protein; 1g fibre

Images / recipes are from **The Australian Women's Weekly Picnics** cookbook, RRP\$12.95, available in November from newsagents, supermarkets and www.acpbooks.com.au
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