

# Quick Spinach Quiche

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*A quick short pastry is topped with a cheesy spinach topping. It's a very simple quiche, but it is full of flavour. Swap the blue cheese for a milder cheese if you prefer.*

## Ingredients:

150g self-raising flour  
100g butter  
Up to 50ml water  
3 eggs  
500g bag spinach leaves  
2 cloves of garlic  
100g grated strong cheddar cheese  
50g blue cheese  
Salt and pepper  
50ml milk

## Directions:

1. Mix together the flour and butter and rub together to form crumbs. Add enough water to make the dough come together, but no more than that.
2. Roll the pastry out to fit a quiche tin. Press the pastry into the tin and into the corners, cover with parchment paper then baking beans then cook in a 190C oven for 10 minutes.
3. Wash the spinach and crush the garlic cloves. Beat the eggs and mix with the cheddar cheese, salt and pepper. Put the garlic and spinach over the bottom of the prepared pastry case, crumble the blue cheese over the spinach, then pour the egg mixture over the prepared pastry case.
4. Cook for 45 minutes to 1 hour, or until the top is set.

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