

Tortilla Quiches



An easy and healthy snack or lunch for the kids!

Ingredients

3/4 cup pumpkin, diced

1/2 cup zucchini, sliced

6 small tortillas

2 eggs

1 egg yolk

250 ml cream

1/4 cup frozen spinach, defrosted and squeezed off excess moisture

1/4 cup parmesan, grated

extra virgin olive oil spray

Method:

1. Preheat the oven to 180C.
2. Place the pumpkin and zucchini on a baking tray and drizzle with olive oil and season with salt

and pepper. Bake in the oven for 15-20 minutes or until the vegetables are tender. Remove from the oven and set aside to cool.

3. Turn the oven temperature down to 160C.
4. Spray a 9cm cupcake or muffin tray with olive oil and line tortillas on the base of the tin. Add the spinach, cooked pumpkin and zucchini evenly among the tray.
5. In a bowl, whisk the eggs, egg yolk and cream together. Add a pinch of salt and pepper. Pour egg mixture into the prepared tray, sprinkle parmesan cheese on top and bake in the oven for 15-20 minutes or until the eggs are set.