



Toast quiche cups

Recipe courtesy of Tracy Skipworth - Star of the Sea Primary School, Published 2023

Tips: Toast cups can be made ahead and kept in a sealed container.

After filling toast cups with egg mixture, bake immediately as the egg mixture will begin soaking into the bread.
If using ham in the filling these will be Amber.

Traffic light category: Amber/Green **Serves:** 12 x 70g quiche cups

Ingredients


- Olive or canola oil spray
- 12 slices fresh bread, crusts removed
- 50g cheese, grated
- Handful fresh parsley, finely chopped
- 50g lean ham, finely diced OR
- 50g baby spinach, finely shredded
- 3 eggs
- 130mls milk

Method

1. Preheat oven to 180°C
2. Use a rolling pin to flatten each slice of bread
3. Lightly spray 12 muffin tin holes with oil, press each slice of bread into tin
4. Place in oven for three minutes or until golden, remove and set aside
5. Combine cheese, parsley, ham or spinach in a bowl
6. Divide mixture evenly between each toast cup
7. Whisk eggs and milk together in a bowl
8. Pour evenly over mixture in toast cups
9. Bake 12–15 minutes or until top is lightly golden and filling is set
10. Rest for 5 mins before serving.



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