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| S3 | Brocolli Quiche -filling  (lesson 2) |

**Success Criteria**

* Identify nutrients present in the ingredients used in this recipe and explain why these are important for pregnant women
* Successfully make product in a safe and hygienic manner.

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| **Ingredients** | | **Equipment** |
|  | Pastry case from lesson 1 | Measuring jug |
|  |  | Small bowl |
|  |  | fork |
| 1  125ml  50g  pinch | egg  milk (optional)  cheddar cheese  salt & pepper | Rolling pin  tableknife  Foil tray (round)  Baking tray |
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## Method

1. Set oven 180oC / gas 5
2. Prepare filling.
3. Grate cheese.
4. Thinly slice broccoli.
5. Measure 125ml of milk and add egg. Mix and season.
6. Layer the pastry with egg mix, cheese and brocolli
7. Place on a baking tray and bake for 15-20 minutes

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