

Mini Mediterranean Quiche

Ingredients

1 x Puff pastry	1 tomato
2 x eggs	1 clove garlic
100 g cheese	$\frac{1}{2}$ onion
A piece of Parmesan	$\frac{1}{4}$ tsp oregano
$\frac{1}{4}$ red pepper	Handful of spinach
$\frac{1}{4}$ yellow pepper	Some ham

Method

1. Pre heat the oven at 180 or gas at 5.
2. Chop up onion, garlic and spinach finely.
3. Dice the peppers and tomato.
4. Cut the ham into small pieces.
5. Whisk the egg.
6. Grate the cheeses and leave them in two separate piles.
7. Fry the onion, garlic, peppers for 2 minutes.
8. In a bowl add egg, oregano, tomato, cooked vegetables, cheese and mix.
9. Grease the muffin/cupcake tray with a little bit of oil
10. Roll out pasty about 2 cm thick cut out pieces with a round object like a glass or big cookie cutter.
11. Roll out pastry into a muffin/cupcake tray
12. Add the mixture.
13. Sprinkle parmesan on top
14. Bake in the oven for 15-20 minutes.