

Curried Apple and Onion Quiches

Ingredients:	Equipment:
Pre baked mini pastry cases	Measuring spoons and cups
1 Tablespoon olive oil	Green chopping board
1 onion	Large kitchen knife
3 small green apples	Small frying pan
½ teaspoon curry powder	Large measuring jug
2 cups milk	Grater
4 eggs	Vegetable peeler
1/3 cup cream	Wooden spoon
2/3 cup grated cheddar cheese	Whisk
	teaspoons

Method:

<ol style="list-style-type: none">1. Preheat oven to 180c.2. Peel and finely chop onions.3. Peel and grate cooking apples.4. Heat oil in small frying pan. Lightly brown the onion; add apple and curry powder, cook, stirring, for 1 minute. Cool.5. Place heaped teaspoons of onion mixture into each pastry case.6. Combine milk, eggs and cream in a large jug; mix well.	<ol style="list-style-type: none">7. Pour a small amount of milk mixture into each pastry case, just enough to cover the onion mixture.8. Sprinkle with grated cheese bake for 15 minute or until golden.9. Stand quiches in their tins until cool. Remove. Serve warm or cold.
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