



Ingredients

90g piece broccoli
1 scallion
1 fresh flat-leaf parsley sprig
3 eggs
70ml low fat milk (1.5% fat)
½ teaspoon prepared English mustard

30g Cheddar cheese
1 teaspoon plain flour (5g)
2 tablespoons country relish (30g)
6 mini soft brown rolls (each one about 30g)
salt (optional) and freshly ground black pepper

Method

Preheat the oven to 200°C/400°F. Line a 6-hole muffin tin with paper cases and give each one a spray of a non-stick spray to allow for easier removal. Cut the broccoli into small florets – you'll need 90g in total. Trim and finely slice the scallion.

Strip the leaves from the parsley and finely chop. Place the broccoli in a steamer and cook for 3-4 minutes until tender, then tip on to the chopping board and finely chop. Break the eggs into a bowl and lightly whisk with the milk and mustard. Season lightly with salt (optional) and freshly ground black pepper.

Grate the cheese on a plate, then put into a bowl and toss with the flour. Divide the broccoli among the paper cases and sprinkle over the scallions and parsley. Add the floured cheese to each one and pour over the egg mixture.

Put the muffin tin into the oven and bake the quiche cups for 15-20 minutes or until lightly golden and a toothpick comes out clean – each one should weigh approximately 45g. Remove the quiche cups from the oven and either use immediately or leave to cool and then put in a freezer bag and keep in the fridge for up to 2 days or they will freeze well for up to 1 month. You can reheat straight from the freezer in the microwave for 30-40 seconds. To serve, split the rolls and toast on a heated griddle pan or under the grill. Spread half a teaspoon of the relish over the bottom halves and top with a hot quiche cup. Add the tops and place two on each plate to serve.

* Suitable for vegetarians