

# 3 STEP CRISPY PUFF PASTRY QUICHE

Serves: 8

## Ingredients

For the Sardine Quiche:

- 1 sheet of store-bought puff pastry
- 3 tins Lucky Star Sardines
- 1 cup cherry tomatoes, halved
- 1 cup feta cheese, broken into smaller pieces
- 3 eggs
- $\frac{3}{4}$  cup cream
- Salt and pepper, to taste

Serving Suggestion:

- $\frac{1}{2}$  cup fresh basil
- Side salad

## Method

For the Sardine Quiche:

1. Preheat the oven to 200°C and grease a round quiche baking tin. Roll the pastry out over the baking tin and press the dough down firmly onto the base. Also, press up the sides and cut off the excess pastry. Prick the pastry with a fork, multiple times. Chill the pie crust in the fridge for 30 minutes to prevent shrinking when baking. Add a layer of baking paper over then pastry and fill with baking beans/rice. Bake for 15 minutes, until the edges are lightly browned. Allow to cool.
2. Reduce the oven temperature to 165°C. Whisk together the eggs, cream, salt and pepper and pour over the baked pastry. Add the halved cherry tomatoes and feta evenly. Open the tins of sardines, split into 2 fillets, down the middle lengthways and remove the bones (this is an optional step as the bones are totally safe to eat). Keep each fillet whole then lay the fillets over the top evenly.
3. Place the quiche tin on a tray and bake the quiche at 165°C for 35-40 minutes until cooked and puffed up. A cake tester, inserted in the centre, should come out clean. Allow the quiche to set, 10 minutes, before serving. Garnish with a handful of fresh basil leaves and a side salad and ENJOY!!