

# CHICKEN & BROCCOLI CRUSTLESS QUICHE CUPS

Makes: 12

Hands-on time: 15 minutes

Hands-off time: 40 minutes

## INGREDIENTS

- 1 tbsp oil
- 1 cup sliced mushrooms
- 1 cup broccoli, finely chopped
- 2 cups rotisserie chicken, shredded
- 2 spring onions, chopped, plus extra for garnish
- $\frac{3}{4}$  cup (94g) grated cheese
- $\frac{1}{2}$  cup NESTLÉ Cremora Original
- 4 large eggs
- $\frac{1}{2}$  tsp each salt and pepper

## Serving suggestion:

- Iced lemon water
- Fruit salad

## METHOD

1. Preheat the oven to 180°C and grease a 12-hole muffin tin with non-stick cooking spray.
2. In a pan, heat the oil over medium heat. Add the mushrooms and fry for 2 minutes. Add the broccoli and fry for a further 3 minutes. Remove the pan from the heat and cool for 5 minutes. *\*Chef's Tip: For a vegetarian option, replace the chicken with diced baby marrows!*
3. Stir in the shredded rotisserie chicken and spring onions.
4. Divide the mixture evenly between the muffin holes and sprinkle the cheese on top.
5. In a jug, whisk the NESTLÉ Cremora Original with 1 $\frac{1}{4}$  cup of hot water until smooth. Set aside for 5 minutes to cool.
6. Add the eggs and season with the salt and pepper. Whisk to combine. *\*Chef's Tip: For extra flavour, add a pinch of mixed herbs!*
7. Divide the egg mixture evenly between the muffin holes by pouring it over the chicken and veggies.
8. Bake for 20-25 minutes until the tops are golden and the quiches are cooked through. *\*Chef's Tip: You'll know they're ready when they look firm!*
9. Cool in the tin for 5 minutes. Using a butter knife, gently loosen the quiche cups from the tray and transfer to a wire rack to cool for 15 minutes.
10. Garnish the quiche cups with some chopped spring onions. Serve with a glass of iced lemon water and fruit salad on the side and ENJOY!