

CHEESY BREAKFAST WRAP QUICHE

Serves 4

Hands-on time: 20 minutes

Hands-off time: 70 minutes

INGREDIENTS

1 pack SPAR Freshline White Wraps

¼ cup melted butter

8 large eggs

¼ cup milk

½ tsp each salt and pepper, to season

1½ cups grated cheddar cheese

¼ cup crumbled SPAR Feta Cheese Plain

2 SPAR Freshline Rainbow Peppers (red and green)

2 bags (200g each) SPAR Freshline Baby Spinach

2 punnets (400g each) SPAR Freshline White Button Mushrooms, sliced and fried

200g sandwich ham, sliced

Serving suggestion:

Chopped chives

METHOD

1. Preheat the oven to 170°C and line a 20cm round springform tin with greased baking paper.
2. Place 1 SPAR Freshline White Wrap at the bottom of the tin to form a base and brush it lightly with some of the melted butter. Slice 4 of the remaining wraps in half so that you have 8 semi-circles, leaving the last wrap whole.
3. Arrange the cut wraps along the sides of the tin so that the rounded part of the wrap peeks over the sides of the tin. Ensure to overlap each semi-circle over one another and the base, using the butter as the glue. This will form a 'crust' around the tin. Place the remaining whole wrap over the base so that the bottoms of the cut semi-circle wraps are covered. Brush the wrap base with the remaining butter, ensuring to cover the wraps well.
4. Place the tin in the oven for 8-10 minutes or until the wrap crust is slightly crispy.
**Chef's Tip: Prebaking the wrap base ensures that the filling won't leak out!*
5. In a large mixing bowl add in the eggs, milk and salt and pepper and whisk together until combined and slightly frothy. Add in 1 cup of grated cheese and the feta and set aside.
6. Dice the SPAR Freshline Green and Red Rainbow Peppers and the SPAR Freshline Baby Spinach. Mix the vegetables along with the fried mushrooms through the egg mixture.
**Chef's Tip: Use any of your favourite fresh cooking vegetables! Add in the sliced ham pieces and mix until combined.*
7. Pour the eggy filling in the wrap base and sprinkle over the reserved cheese. Place the cake tin back in the oven for 35-45 minutes or until golden and baked through.
8. Allow the quiche to cool in the tin for 15 minutes before transferring to a cake stand. Scatter over the freshly chopped chives, cut it into slices, serve and ENJOY!