QUICHE FILLINGS

Step 1
Preheat the oven to 200C
Spray the trays with oil
Cut out discs of short crust pastry and line the trays

Step 2
In a medium bowl add 4 eggs and 1/2 cup of cream together with a whisk add herbs, salt and pepper.

Step 3
Filling ideas

Pumpkin and parmesan cheese
2 cups of grated pumpkin and 1/2 cup of parmesan grated

Bacon and onion
Cut 1 onion and 4 rashers of bacon and cook in a fry pan until lightly brown. Cut a spring onion and add to the bacon and allow to cool for 5 mins.

Capsicum and carrot
Cut the capsicum and grate a carrot until you have 2 cups of vegetables

Eggplant and parmesan
Grate the eggplant until you have 2 cups and fry off until lightly browned allow to cool for 5 minutes and add 1/2 cup of parmesan

Step 4
Mix the filling with the egg mixture and spoon into the pastry discs.
Bake for 10 - 15 minutes or until the tops are firm to the touch and the bases are lightly brown.
Serve.