

# Warrigal Green Quiche



*Serves 6*



*50 minutes*



*Autumn*



*Warrigal Greens*



## **INGREDIENTS:**

- 650 g warrigal greens, washed
- 1 medium brown onion, finely diced
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 6 large eggs
- 250g Ricotta
- ½ cup milk
- 100g grated cheddar cheese
- 50g grated parmesan
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp nutmeg

## METHOD:

1. Preheat oven to 180°C. Grease a 9-inch baking dish with oil.
2. Fill a large pot with water and bring it to a boil. Add the warrigal greens. Cook for 2 minutes. Drain immediately and rinse with cold water to stop the cooking.
3. Wrap the greens in a clean tea towel or paper towel and squeeze firmly to remove as much water as possible. When cool, chop the greens roughly and put aside.
4. Heat olive oil in a frying pan on medium heat. Add the onion and cook for 5 minutes until soft. Add the garlic and cook for 1 more minute. Turn off the heat.
5. In a large bowl, mix the eggs, ricotta and milk until smooth.
6. Stir in most of the cheddar cheese, all the parmesan, salt, pepper and nutmeg.
7. Add the cooked greens and onion to the bowl. Stir everything together
8. Pour the mixture into the baking dish. Sprinkle the rest of the cheddar cheese on top.
9. Bake for 35-40 minutes. The top should be golden and the middle firm but soft
10. Rest for 10 minutes before slicing.

## TIPS:

- Keep leftovers in the fridge for up to 4 days
- Reheat in the oven at 160°C for 10 minutes
- Make sure the greens are very dry so the quiche does not turn soggy.

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*