

Asparagus Quiche

Ingredients:

14 eggs

½ cup grated cheese

1 cup milk

5 stalks asparagus, steamed and chopped

2 teaspoons salt & 1 teaspoon pepper

1 table spoon chopped parsley

1 cup silver beet, chopped small

¼ cup spring onions, chopped small

Method:

- Pre heat oven to 180 degrees.
- Combine all ingredients, except the asparagus, in large bowl and whisk until all mixed together.
- Line a large baking dish with baking paper.
- Pour egg mixture into the lined tray. Scatter chopped asparagus over the top.
- Bake in oven for 20-30minutes.
- Let cool slightly, then lift it out onto a chopping board and cut (count how many people we need to feed). Serve onto 4 plates.