

Everything Crustless Quiche

Ingredients

- Choose any ingredients to put in this quiche:
- left over steamed or roasted vegetables
- smoked salmon or trout
- shredded chicken, roasted red peppers
- caramelised onion, garlic and mushrooms
- crumbled feta, grated courgette, chopped spinach the options are endless
- Add some grated cheese 60gm
- 6 beaten extra large eggs or you can bump up the protein with some additional egg whites
- spray of olive oil



Instructions

- The method is simple
- Preheat the oven to 180 degrees celsius
- Using a metal handle frying pan or a baking dish either cook off your ingredients or heat up the left overs going into the quiche
- Beat the eggs add some salt, pepper and garlic powder
- Coat the pan with olive oils spray. Add to the pan or baking dish covering all the ingredients
- You can sprinkle some grated cheese on top
- Allow to start setting on the stove top for 2 minutes and then put into the oven for 20 minutes until set in the middle
- **BEWARE** of grabbing the hot handle without and oven glove!!

This crustless quiche has endless options and is such an easy high protein “one pot” meal that can last 2 or 3 days for breakfast or lunch served with toast or a salad and enjoyed hot or cold.