

More than 1 hour

Serves 6-8

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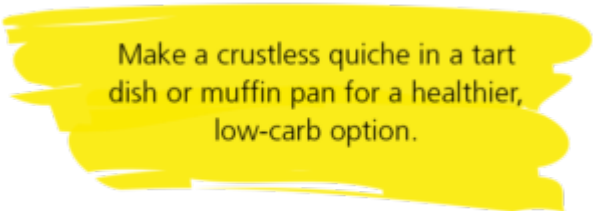
Ingredients:

- 1 roll (400g) puff pastry

Filling:

- 300g uncooked haddock (hake works well too)
- 2 cups (500ml) milk
- 1 bulb fennel, sliced
- 3 leeks, sliced
- Knob butter
- 1 tub (250ml) sour cream
- 3 extra large eggs
- 2 cups (250g) grated cheddar cheese
- Handful watercress

Method



Make a crustless quiche in a tart dish or muffin pan for a healthier, low-carb option.

1. Preheat oven to 180°C.
2. Roll out pastry on a lightly floured surface to 3mm thick.
3. Line a greased 25cm quiche or tart tin with pastry and blind bake for 10 minutes.
4. Poach haddock in milk until just cooked.

5. Remove and cool, reserving poaching liquid.
6. Sauté fennel and leek in butter until soft.
7. Flake fish and add to sautéed vegetables.
8. Spoon filling into the pastry crust.
9. Whisk sour cream, eggs and ½ cup (125ml) poaching liquid until combined.
10. Pour over filling, top with cheese and bake for 35-45 minutes or until golden.
11. Garnish with watercress and serve warm.

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