

Less than 30 minutes

Serves 4

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Ingredients:

- 1 bunch Swiss chard (or English spinach)
- Glug olive oil, for sautéing
- 2 onions, finely chopped
- 1½ cups (200g) grated mature cheddar (regular cheddar, gouda or mozzarella work too)
- 100g smoked ham slices, diced
- 4 eggs, whisked
- 1 tub (250ml) sour cream
- 1 Tbsp (15ml) Dijon mustard
- 1 Tbsp (15ml) wholegrain mustard (Hot English mustard works too)
- Salt and milled pepper
- Handful each fresh chopped rocket and cherry tomatoes, for serving

Method:

1. Strip leaves from Swiss chard stems, then finely chop leaves and stems separately.
2. Heat oil in a pan and sauté onion and chard stems until soft.
3. Add chard leaves and cook until wilted.
4. Cool mixture slightly.
5. Combine spinach mixture, cheese and ham, then place in an ovenproof pie dish.
6. Whisk eggs, sour cream and mustards together. Season well.
7. Pour egg mixture over cheesy filling and bake at 180°C for 25 minutes or until egg is set.
8. Serve quiche topped with rocket and tomatoes.