



PILCHARD QUICHE

SERVES	4
PREP TIME	15 MINUTES
BAKE	25 MINUTES
DIFFICULTY	EASY

Bake this easy and tasty Pilchard Quiche and put some good and healthy food on your table today!

METHOD

Pastry

- Sift the flour and salt together.
- Add the melted butter and mix until it turns into a ball of pastry.
- Place pastry in fridge whilst preparing the filling.

Filling

- Heat the oil and fry the onions until soft.
- Add the **OK Brand Pilchards in Hot Chili Sauce** to a mixing bowl and mix in the onions, milk, eggs and 1/2 cup of the cheddar cheese.
- Season to taste with salt and pepper.
- Remove the pastry from the fridge, dust a flat surface with flour and roll pastry out.
- Prepare a pie plate with non-stick spray or rub well with butter.
- Line the pie plate with the rolled out pastry.
- Spoon the filling into the pastry shell.
- Sprinkle the remaining cheese on top.
- Bake in a preheated oven at 200°C for 20 minutes or until golden brown and set.

Serve hot with a crisp green side salad.

INGREDIENTS

Pastry

- 1 cup flour
- 1/2 cup melted butter
- 1/2 tsp salt

Filling

- **1 tin OK Brand Pilchards in Hot Chili Sauce**
- 2 Tbs vegetable oil
- 2 medium onions, thinly sliced
- 1/2 cup milk
- 2 eggs, beaten
- 1 cup cheddar cheese, grated
- Salt and black pepper to taste
- Non-stick spray or butter