



CRUSTLESS FETA, MUSHROOM & SPINACH QUICHE



HEAT LEVEL 

Indulge in the richness of our Crustless Feta, Mushroom & Spinach Quiche - a flavorful medley of feta, mushrooms, and spinach baked to perfection for a satisfying and crust-free delight.

55 Mins

4 Servings

INGREDIENTS

30 ml (2 Tbsp) cooking oil
1 medium onion, coarsely chopped
60 ml (¼ cup) **Spur Durky Sauce**
250 g Portobellini button mushrooms, coarsely chopped
300 g fresh spinach, coarsely chopped
150 g feta cheese
200 ml (1 sachet) **Spur Cheddamealt or Spur Cheese Sauce**
125 ml (½ cup) milk
3 extra-large eggs
30 ml (2 Tbsp) chopped fresh mixed herbs or 10 ml (2 tsp) dried
3 ml (½ tsp) Spur Seasoning Salt
5 ml (1 tsp) Spur Lemon & Peri-Peri Seasoning

METHOD

- 1 Heat oil in a large heavy-based saucepan. Add onion and Durky Sauce and sauté until soft.
- 2 Add mushrooms and heat until just soft. Set aside.
- 3 Wash spinach well, add to pan and heat until starting to soften.
- 4 Mix with the mushrooms and onion, and spoon onto base of a greased 24 cm ovenproof dish.
- 5 Crumble feta cheese and sprinkle over spinach mixture.
- 6 Whisk together the Spur Cheddamealt Sauce, milk, eggs, herbs, Spur Seasoning Salt and Lemon & Peri-Peri Seasoning.
- 7 Pour over the feta in dish.
- 8 Bake in a preheated oven of 160°C for about 40 minutes or until set and it becomes golden brown. Serve warm.

VARIATIONS

- 1 Substitute the spinach and mushrooms or any other vegetables of choice for 125 g chopped rindless bacon, and 125 g cherry tomatoes.

