



Impossible quiche

Published, 2024

Omit the ham for a Green menu option.

Traffic light category: Amber Serves: 10, 25, 50

Ingredients	10 serves	25 serves	50 serves
• Eggs	5	12	25
• Reduced fat milk	470mL	1.2 litres	2.3 litres
• Reduced fat cheese, grated	200g	500g	1kg
• Onion, finely chopped	1	3	6
• Lean low sodium ham, chopped	80g	225g	450g
• Mixed vegetables of choice*	½ cup	1½ cups	3 cups
• Self raising flour	½ cup	1½ cups	3 cups

Method

1. Preheat oven to 200°C. Grease a large baking dish or line with baking paper
2. Combine eggs and milk in a jug or large bowl, whisk until well combined
3. Combine cheese, onion, ham, vegetables and flour in a separate bowl
4. Stir until all ingredients have been coated in flour
5. Pour egg mixture over flour mixture and stir until combined
6. Pour into prepared dish, bake for 30-40 minutes.



 wasca@education.wa.edu.au

 08 9264 4999

 waschoolcanteens.org.au

