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**Spinach & Bacon Mini Quiche**

**Ingredients (Per Pair)**

**Makes 10 - 12**

1½ sheet puff pastry

2 bacon rashers

2 eggs, beaten

½ onion

½ cup spinach, shredded

½ cup grated cheese

½ tsp salt

a few shakes of pepper

1 Tbs oil

**Method**

1. Preheat oven to 180 and grease muffin pans.
2. Dice onion and bacon.
3. In a frypan, add oil, brown onion and bacon. Drain excess oil on kitchen paper.
4. Turn off the heat and add spinach so that the heat wilts it.
5. Add all other ingredients and mixed well.
6. Cut small circles from the puff pastry to fit the bottom of the muffins cases.
7. Place pastry in the muffin cases and spoon in 2 teaspoons of mixture.
8. Bake for approximately 20 minutes or until firm and browned.
9. Remove mini quiche from muffin pans with 2 forks and serve.

**Learning Intention**

**To know how to make a quick, healthy snack using pastry.**

1. Why is it important to think ahead about the egg mix and the pastry when planning?
2. What other ingredients would work well in this dish? Explain your answer.
3. Think about your time management. What went really well and what’s something you’d like to improve on?