

Printable
Recipe
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Ingredients Method

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1 onion
1 pumpkin
1 cup of cheese
200 ml's Milk
Puff Pastry
4 Eggs

1. boil pumpkin until soft.
2. flatten pastry into quiche dish then use baking paper and pie weights to dry bake for minutes.
- 3 mix cooked pumpkin with eggs milk and cheese and diced onion.
4. bake in 180 oven for 30 minutes or until cooked through.

