

## SUMMER VEGETABLE AND FETA QUICHE

**Prep + cook time: 45 min, Chilling time: 4 h Serves: 8**

### Ingredients

150 g   1 cup frozen peas, thawed	250 ml whole milk
8 thin asparagus spears, woody ends trimmed, spears split in half	125 g   3/4 cup feta, crumbled, divided
1 sheet readymade puff pastry, thawed if frozen	4 spring onions, green tops only, split in half
plain flour, for dusting	1 handful mint leaves, to garnish
4 large eggs	salt
250 g   1 cup crème fraîche	freshly ground black pepper

1. Preheat the oven to 200°C (180° fan) | 350F | gas 4.
2. Parboil the peas and asparagus in a large saucepan of salted, boiling water for 2 minutes. Drain well and refresh in a large bowl of iced water. Drain and pat dry with kitchen paper.
3. Roll out the pastry on a lightly floured surface into a 35 cm | 14" x 20 cm | 8" x 3/4 cm | 1/3" thick rectangle, trimming the edges with a sharp knife to create a neat edge.
4. Lift the pastry onto a large baking tray and prick the base with a fork, leaving a 2 cm | 3/4" border all the way around. Score the top of the pastry in a crosshatch pattern using the tip of a sharp paring knife.
5. Beat together the eggs, crème fraîche, and milk with plenty of salt and pepper to taste in a mixing bowl. Fold in half the feta.
6. Arrange the blanched vegetables and spring onion greens in the pastry before ladling the egg and feta mixture over them.
7. Bake until the filling is set and the pastry is puffed and golden-brown at the edges, about 20-25 minutes.
8. Remove from the oven and let cool briefly before serving with the remaining feta and a garnish of mint leaves on top.

