

Crustless quiche

This makes a large quiche that you can have as a main meal for 4 people, served alongside some salad or you can slice it into small portions and have as a high protein, filling snack. This will keep for up to 3 days in an airtight container in the fridge.

- 10 eggs
- 6 rashers bacon
- 2 leeks, chopped
- Half a butternut squash which has been roasted in coconut oil and left to cool.
- 100ml milk of your choice – I used soya

Place the bacon under the grill. While the bacon is cooking, fry off the leeks in some coconut oil. Once the leeks are cooked, place in a large bowl to cool.

When the bacon is cooked on both sides, use some scissors to snip it into small pieces in the same bowl as the leeks. Add the roasted squash to the leeks and bacon.

In a separate bowl whisk up the eggs and milk then pour this over the leeks, bacon and squash. Mix well and add some freshly ground black pepper if you wish.

Pour this mixture into a quiche dish or a cake tin and bake for approx. 30 mins at 180' until the egg mixture is firmly cooked all the way through. This is delicious served hot or cold.