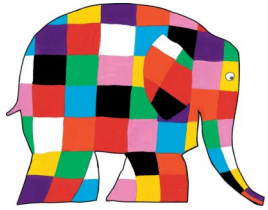


Yellow Belly Sweetcorn Quiche



Ingredients

Pastry

12g butter

2 tbsps. plain flour

2 tbsps. water

Filling

1 egg

1/2 spring onion

1 tbsp cheddar cheese

2 tbsps. sweetcorn

2 pinches paprika

2 pinches pepper

1 small sprig thyme

For ingredients containing allergens, see **bold**

1. Pre-heat oven to 180°C. Prepare 3 silicone cases onto a lined baking tray. For the pastry, combine the butter and flour by rubbing with your fingertips. Until the mixture resembles breadcrumbs. Add the water slowly until the pastry holds together.

2. Roll the pastry out until approximately 2mm thin. Using circular pastry cutters, cut the bases out. Press into the cases. Set to one side.

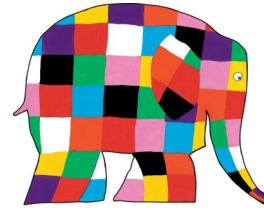
3. To make the filling, snip the spring onion into your bowl. Add the sweetcorn, cheese and herbs and spices for flavour. Crack the egg into your jug and beat until creamy. Add the rest of the dry ingredients to your jug, ready for pouring. Mix well.

4. Carefully and slowly pour the mixture into the 3 silicone cases. Bake in the oven for 20-25 minutes. Enjoy!



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