



Courgette & Leek Quiche with
Isle of Man Mature Cheddar Cheese

4 Portions

Recipe

150g shortcrust pastry
1 leek
2 medium courgettes
3 eggs
½ pint Double Cream
Seasoning
200g Isle of Man Mature Cheddar Cheese

Method

1. Line a 6-7 inch flan case with the pastry and bake blind. Line with foil or baking parchment to stop the sides from collapsing.
2. Wash the leeks well and shred, top and tail the courgette and grate. Cook the leeks and courgettes in a little butter until soft.
3. When the flan is cooked, remove lining, add the cooked courgette and leek and the grated Isle of Man Mature Cheddar Cheese.
4. Whisk the eggs and milk together with a little seasoning and pour carefully into the flan.
5. Bake in a medium oven for 15-20 minutes or until the flan is set.

Serve hot or cold.