



KUMARA AND BROCCOLI QUICHE

SERVES: SIX

INGREDIENTS

1	Large orange-fleshed kumara, about 300g	1 head	Broccoli, about 200g
1	Large onion, skinned and chopped	¾ cup	Tasty cheese, grated
2 cloves	Garlic, peeled and chopped	3	Large eggs e (or 4 medium)
2 tsp	Olive or canola oil	1 cup	Low-fat milk
		½ cup	Self-raising flour

STEPS

1. Wrap the scrubbed kumara in a paper towel and microwave on high for about 5 minutes, until the flesh gives when you squeeze it. Leave it to cool for 5 minutes.
2. Put the chopped onion and garlic in a non-stick frying pan with the oil. Stir, put a lid on the pan and cook over a moderate heat for about 5 minutes until the onion is transparent.
3. Take off the lid and cook a few minutes longer, until the onion is straw coloured.
4. Cut the heads of the broccoli into grape-sized florets.
5. Starting at the lower end of the stalks, peel off the outer skin and then cut the peeled stalks into 5mm slices.
6. Cook these and the florets in a little water in a covered pot for 5–7 minutes or until tender. Do not overcook. Drain, rinse under a cold tap and drain again.
7. Peel the skin off the cooled kumara and cut the flesh into 1cm cubes. Gently mix the cooked onion, garlic, kumara and broccoli together.
8. Coat a 23cm pie plate (or square cake tin) with non-stick spray. Gently spoon the cooked vegetables into it without packing them down. Sprinkle the cheese over them.
9. Stir with a fork, beat or whiz together the eggs and milk, then mix in the flour. Pour the mixture over the vegetables and cheese, jiggle the pan slightly to make sure there are no air bubbles.
10. Bake at 220°C for 20–30 minutes, until lightly browned and set in the centre.
11. Serve warm with a salad.

From *The New Zealand Diabetes Cookbook: Easy Everyday Recipes for the Whole Family* - Simon & Alison Holst

NUTRITIONAL VALUES (APPROX. PER SERVING)

926 KJ | 220 Cals | 9g Fat | 24g Carbs