

Crabmeat and Spinach Quiche

Ingredients:

200 g crab meat
200 g spinach
3 white mushrooms
3 eggs
3 pc of cheese chopped finely
1 cup of fresh milk

Seasoning:

2 tbsps. plain flour
1/2 tsp. salt
a little ground black pepper

Directions:

1. Chop finely the cheese.
2. Cut mushroom into slices.
3. Blanch the spinach in boiling water for 2 minutes. Drain and squeeze dry. Chop finely.
4. Crack the egg into a bowl and beat it well and then add fresh milk and seasoning. Mix well.
5. Preheat an oven to 180°C. Grease a pie mould lightly with butter. Put in spinach, mushroom, crabmeat and cheese in the mould. Then pour in the egg mixture. Bake at 180°C for 35 to 45 minutes until surface turn golden.

Serves: 6