

## Sweet Potato, Caramelized Onion & Feta Quiche



Serves 4

Preparation time 35 minutes

Cooking time 30 minutes

### Tip

Add balsamic vinegar to onions at the end of cooking.

### Ingredients

2 sheets of frozen short crust pastry, thawed.  
2 tablespoons cooking oil  
2 onions, thinly sliced  
1 tablespoon brown sugar  
400g sweet potato, peeled, cut into 2cm pieces  
1 tablespoon chopped fresh oregano  
100g feta, crumbled  
4 eggs, lightly beaten  
½ cup cream  
½ cup grated cheddar cheese  
Basil, fresh  
Garden salad to serve.

### Method

1. Grease a 24cm round, loose base flan tin.
2. Join pastry sheets together to make one sheet large enough to line the prepared tin.
3. Lift pastry into tin and trim edge.

4. Place tin on baking tray and cover with baking paper
5. Cooking in a moderate oven for 2 minutes.
6. Remove paper, cook for a further 10 minutes or until lightly brown.
7. **Meanwhile**, heat oil in a frying pan on medium heat.
8. Add onions, cook, stirring occasionally, for 15 minutes or until golden brown.
9. Stir in sugar, cook for a further 5 minutes or until caramelized.
10. Add balsamic, remove and allow to cool.
11. Boil potato until tender, drain and cool.
12. Place onion and potato in pastry case.
13. Sprinkle over oregano, feta & basil.
14. Pour over combined eggs and cream.
15. Sprinkle with cheese.
16. Cook in a moderate oven (180C) for about 30 minutes or until set
17. Stand in pan for 5 minutes
18. Serve warm quiche with fresh garden salad.

#### **To Freeze**

Refrigerate quiche until cold.

Wrap whole or sliced in plastic wrap. Place in freezer safe container, seal, label & date.

Freeze for up to 2 months.

#### **To Thaw**

Place in the fridge for 12 hours.

#### **To Reheat**

Preheat oven to 180C

Remove plastic wrap and bake for 40 minutes or until warm.

Recipe courtesy of Renee of NV MEN, Fremantle.