



# Salmon & Mushroom Quiche

(Serves 8)

## INGREDIENTS

4	Bonjour Butter Croissants
1 tsp	Oil
4 tsp (16g)	Onion, finely chopped
50g	White button mushrooms, diced
40g	Canned salmon, flaked
4	Eggs, lightly beaten
120 ml	Low-fat milk
2 tsp	Dried parsley
1/4 tsp	Black pepper
8 whole (56g)	Cherry tomato, de-seeded and diced
60g	Cheddar cheese, shredded

## METHOD

1. Preheat oven to 200°C. Lightly grease 8 muffin cups (7.5cm diameter per cup) in a 12-cup muffin tin with a little oil, and set aside.
2. In a pan, heat 1 tsp oil over medium heat and add the chopped onion. Stir-fry until onions are lightly browned and fragrant. Add in button mushrooms and salmon flakes, stir and mix well. Cook for 1 to 2 minutes, remove from heat and set aside.
3. In a bowl, combine the eggs, milk, dried parsley and black pepper. Stir to mix well.
4. Next, cut croissant horizontally and tear it into pieces and arrange the pieces to line 8 muffin cups in the muffin tin.
5. Divide the salmon and mushroom mixture evenly into 8 portions (about 10g per portion) and place the mixture in each of the muffin cups. Next, add the diced tomato and the shredded cheese. Then, pour the egg mixture evenly into each muffin cup (about 40g mixture in each muffin cup).
6. Bake in the oven for 25 minutes or until the quiches are puffed and golden brown. Remove from the oven and allow to cool for 5 to 10 minutes. They are ready to be served!

## Nutrition Information Panel

### Approximate Nutritional Analysis Per Serving

Salmon and Mushroom Quiche	
Servings per recipe: 8	
	Per serving
Energy	167 kcal
Carbohydrate	11.5 g
Protein	9.0 g
Total Fat	9.4 g
Saturated fat	4.4 g
Dietary Fibre	0.7 g
Cholesterol	118 mg
Sodium	209 mg