

# Toasted Pine Nut, Spinach, & Feta Quiche

**Serves 8**

**Hands-on Time (inc. chilling) 1 hour**

**Baking Time 55 minutes**

## Ingredients

- 290g rich shortcrust pastry
- 65g pine nuts
- Knob of unsalted butter
- 1 shallot (finely chopped)
- 150g spinach
- 250ml single cream
- 3 medium eggs
- Seasoning (salt and pepper)
- 100g feta

## Equipment

- Baking parchment
- Rolling pin
- 20cm loose-bottomed tart tin
- Sharp knife
- Blind baking beads (or rice)
- Large frying pan
- Spatula
- Small bowl
- Large bowl
- Whisk

## Method

### 1. Prepare the pastry case

- Roll out the chilled pastry between baking parchment into a circle slightly larger than the flan tin.
- Flip the pastry into the tin, press into the corners, and trim any excess. Chill for 30 minutes.

### 2. Blind bake the pastry

- Preheat the oven to 180°C/160°C (fan)/350°F/Gas Mark 4.
- Line the pastry case with parchment, fill with baking beads, and blind bake for 20 minutes.
- Remove the beads and clingfilm, prick the base with a knife, and bake for another 10 minutes. Let cool.

### 3. Make the filling

- Toast the pine nuts in a dry frying pan until golden, then set aside.
- In the same pan, melt the butter and sauté the shallots until golden. Add the spinach and cook until wilted. Let cool.
- In a large bowl, whisk the cream, eggs, and seasoning until combined.

### 4. Assemble and bake

- Lower the oven to 160°C/140°C (fan)/325°F/Gas Mark 3.
- Sprinkle half the pine nuts and 50g crumbled feta over the pastry base. Add the spinach mixture, then pour over the egg mixture.
- Top with the remaining feta and pine nuts.
- Bake for 30 minutes until golden and set.

**Serving**

- Serve warm or cold.

Enjoy!