

**ARCHIVED RECIPES****HEALTHY WHOLEMEAL QUICHE (SERVES 6)**

-Prep Time: 15 minutes, Cooking Time: 30 minutes

**Ingredients:****Base**

6 slices of Gardenia Super Soft & Fine Enriched Wholemeal Bread (100%)

**Quiche**

1 Tbsp of Olive Oil  
½ Onion, Chopped  
2 Garlic, Chopped  
¼ Red Capsicum, Chopped  
¼ Green Capsicum, Chopped  
¼ Cup Button Mushrooms, Chopped  
6 Slices of Salmon  
2 Eggs  
150 ml Low Fat Milk  
Salt & Pepper  
A Pinch Nutmeg  
¼ cup Low Fat Mozzarella Cheese, Shredded

**Cooking Method:**

Equipment needed:

- Whisk
- Pastry cutter
- Tart moulds
- Measuring spoons
- Measuring cups
- Metal plates and bowls
- Mixing bowl
- Rolling pin

Wholegrain Base:

1. Preheat oven at 180 degrees.
2. Flatten Gardenia Super Soft & Fine Enriched Wholemeal Bread (100%) with a rolling pin.
3. Using a round cookie cutter, cut out the flattened bread and press it firmly into a mini tart mold.
4. Bake the bread base in the oven for 10mins or until firm.