

ROSALIE'S TUNA & ASPARAGUS QUICHE



2 sheets of shortcrust pastry or you can make your own.

1 large onion

185 can of tuna, drained and flaked

340g can asparagus, drained and sliced

2 tblsp chopped chives

½ cup shredded tasty cheese

4 eggs

Mushrooms

375 mls reduced fat evaporated milk

1 tblsp plain flour

Ground pepper

1. Thaw pastry and arrange in quiche dish. Blind bake if you like.

2. Saute onion in butter until soft.

3. Scatter over pastry base with tuna, asparagus and chives. Sprinkle with cheese.

4. Whisk together eggs, milk, flour and pepper. Pour over filling.

5. Arrange mushrooms on the top.

6. Bake at 180 C until pastry is brown and filling is just set, 35 to 40 mins.

