

Pizza Quiche with Garlic Sausage

Makes: 8 Servings

Ingredients

115g (4oz) low fat cream cheese (Philadelphia or similar)
4 large eggs
130g (4½ oz) grated Parmesan cheese
1 tbsp finely chopped chives
½ tsp crushed garlic
½ tsp dried oregano
230g (8oz) grated Mozzarella cheese
120ml (4 fl oz) passata (or sieved tomatoes)
145g (5 oz) sliced mushrooms, sautéed
2 pork sausages with garlic, skin removed, crumbled and cooked (available in good butchers & Tesco finest range)



Instructions

Preheat oven to 180 C/350 F/Gas 4. Grease a shallow baking dish (13 x 9inch)

In a food processor/blender, blend together the cream cheese and eggs until smooth. Add 30g of the Parmesan, chives, garlic and oregano. Blend until smooth.

Scatter 100g of Parmesan and half of the Mozzarella in the prepared baking dish. Pour the egg mixture over the cheese. Bake for 30 minutes.

Spread with the passata. Scatter the mushrooms and sausage over the top. Cover with the remaining mozzarella.

Turn on the grill and place dish under the grill about 6 inches from the heat and cook until brown and bubbly. Let stand for 5 minutes before cutting.

Nutrition information:

per serving:
Kcal 280
Fat 14g
Carbs 3.5g
Protein 16.3g