



## CREMORA Chicken and Broccoli Crustless Quiche Cup

### Ingredients

- 1 tablespoons Oil, Olive, Salad Or Cooking
- 1 cups Mushroom, white, exposed to ultraviolet light, raw
- 1 cups Broccoli, raw
- 400 grams Chicken breast tenders, breaded, uncooked
- 2 Onions, Spring Or Scallions (Includes Tops And Bulb), Raw
- 94 grams Cheese, Parmesan, Grated
- 64 grams NESTLÉ Cremora Original
- 73 grams Eggs
- 1/20 teaspoons Salt and black pepper
- 2 grams Salt and Black Pepper

### Instructions

1. Preheat the oven to 180°C and grease a 12-hole muffin tin with non-stick cooking spray.?
2. In a pan, heat the oil over medium heat. Add the mushrooms and fry for 2 minutes. Add the broccoli and fry for a further 3 minutes. Remove the pan from the heat and cool for 5 minutes. \*Chef's Tip: For a vegetarian option, replace the chicken with diced baby marrows! ?
3. Stir in the shredded rotisserie chicken and spring onions.?
4. Divide the mixture evenly between the muffin holes and sprinkle the cheese on top
5. In a jug, whisk the NESTLÉ Cremora Original with 1¼ cup of hot water until smooth. Set aside for 5 minutes to cool.
6. Add the eggs and season with the salt and pepper. Whisk to combine. \*Chef's Tip: For extra flavour, add a pinch of mixed herbs! ?
7. Divide the egg mixture evenly between the muffin holes by pouring it over the chicken and veggies.
8. Bake for 20-25 minutes until the tops are golden and the quiches are cooked through. \*Chef's Tip: You'll know they're ready when they look firm! ?
9. Cool in the tin for 5 minutes. Using a butter knife, gently loosen the quiche cups from the tray and transfer to a wire rack to cool for 15 minutes.?
10. Garnish the quiche cups with some chopped spring onions. Serve with a glass of iced lemon water and fruit salad on the side and ENJOY!?

### Nutrients

Carbohydrates	10.42
Energy	147.6

66 Minutes

12

Fats	11.08
Protein	8.45