



Mini Quiches

Ingredients

- 1 cup Mushrooms
- 1 pkt Quorn bacon
- 1/2 leek
- 4 sundried tomatoes
- Pastry

- 1 pkt silken tofu
- 2 tbsp Nutritional Yeast
- 1 Tbs Arrowroot Powder
- 2 Tbsp Oat Milk
- 1 tsp soy sauce

Method

1. Pre-heat oven to 200°C. Fry in a pan with some oil the garlic, mushrooms, leeks, sundried tomatoes and bacon.
2. Add tofu in the food processor or blender.
3. Add nutritional yeast, corn flour, soy sauce, salt & pepper and plant milk.
4. Blend until smooth. Transfer batter to a bowl.
5. Add the mushroom-bacon mixture to the batter.
6. In a muffin tin, place circles of pastry at the bottom.
7. Fill the muffin cups to the top with the batter. Cook for 10 minutes.
8. Remove from the oven and allow to set up for about 5 minutes.
9. Serve warm or refrigerate and reheat for few minutes before serving.