

Broccoli, ham & cheese quiche

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This quiche recipe is full of broccoli, cheddar cheese and smoky ham surrounded by a crispy hash brown crust.

Broccoli, cheese and potato are all great sources of [chromium](#) that will help regulate blood sugar levels and keep you full for longer.

Ingredients (serves 6)

- 450 g precooked shredded potatoes
- 4 eggs
- 2 tbsp whole-wheat flour
- 1 tbsp extra-virgin olive oil
- ¼ tsp salt
- 2 cups finely chopped [broccoli](#) florets
- 1 cup shredded extra-sharp cheddar cheese
- ¾ cup finely diced smoked organic ham
- ¾ cup reduced-fat sour cream
- ¼ cup fresh chives, minced
- ½ tsp freshly ground pepper

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METHOD

Preheat oven to 180°C. Generously coat a 22cm springform pan with cooking spray. Line a rimmed baking sheet with foil.

Toss shredded potatoes with one egg, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and five cm up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.

Fill the crust with broccoli, cheese and ham. Whisk the remaining three eggs, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.

Bake the quiche until the centre is just set, 50 minutes to one hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

- Shannon Dunn

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