

Individual healthy salmon quiches

- **12 Ingredients**
 - **6 Method Steps**
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- ☐
2 sheets filo pastry
- ☐
150g (1 cup) frozen baby peas
- ☐
1 bunch asparagus, trimmed, cut into 3cm lengths
- ☐
6 eggs
- ☐
80g onion and chives cottage cheese
- ☐
100g smoked [salmon](#), chopped
- ☐
70g (1/3 cup) semi-dried tomatoes, chopped
- ☐
2 tbsp chopped fresh chives
- ☐
2 tbsp chopped fresh mint leaves
- ☐
100g baby rocket
- ☐
200g grape tomatoes, halved

- ☐

1 tablespoon balsamic vinegar

- ☐

- **Step 1**

Preheat oven to 180C/160C fan forced. Spray four 250ml (1 cup) muffin pans or ovenproof ramekins with oil. Cut each pastry sheet into 6 squares. Lightly spray 3 squares with oil then stack on top of each other and use to line the base and side of 1 muffin pan or ramekin. Repeat with the remaining pastry and pans/ramekins.

- **Step 2**

Cook the peas and asparagus in a saucepan of boiling water for 1 minute or until just tender. Drain. Refresh under cold running water.

- **Step 3**

Whisk together the eggs and cottage cheese in a large bowl. Stir in the salmon, semi-dried tomatoes, chives and mint. Season.
