Zucchini and Ham Quiche



INGREDIENTS – WHAT YOU NEED

1 small zucchini



3-4 slices of your favourite ham



6 eggs



½ cup of cream



½ cup of milk



1 small chunk of parmesan cheese



4 tablespoons of ricotta



1 sheet of puff pastry



salt and pepper



METHOD – HOW TO COOK

Preheat the oven to 180ºC.



In a mixing bowl, put –

- 6 eggs
- ½ cup of cream
- ½ cup of milk
- salt and pepper



Grate 1 small chunk of parmesan

into the bowl.



Whisk everything together.



Lightly grease your baking dish.

Press into it 1 sheet of puff pastry.



It doesn't have to fit exactly.

Wash 1 small zucchini.

Cut off the ends.

Peel into ribbons with potato peeler.



They don't have to be perfect.

Place the zucchini ribbons casually

on the pastry.



Cut 3-4 slices of ham into strips.

Spread evenly over the zucchini.



Spoon 4 tablespoons of ricotta

evenly over the ham.



Pour your egg and cream mix over everything.



Put the baking dish in your hot oven.

Cook for 45 to 60 minutes or

until set and golden.



Serve hot or cold with salad.

