



# Tuna & Caper Quiche



**Servings:** 4 (1 quiche)  
**Total Time:** 1 hr  
**Cooking Time:** 30-40 mins  
**Pre-heat Oven to 180 °C**



## METHOD

On a floured surface, roll out the pastry and fit into a 23cm greased pie dish. Prick the base.

Prepare the egg custard by beating the eggs, cream and cheese together in a mixing bowl. Season with salt & pepper. Sprinkle the tuna and chopped capers evenly over the pastry base. Pour the egg custard on top.

Bake in the oven for about 30-40 mins, rotating after 15 mins, until the quiche has set but is not overcooked. The centre of the quiche may be a little soft but it will settle as the quiche cools.

Once cooled, garnish with chives and serve.

## INGREDIENTS

200g frozen ready-rolled shortcrust pastry, thawed  
 self-raising or cake flour, for dusting

### For the Egg Custard

3 large eggs  
 200ml fresh or long-life cream  
 150ml milk  
 100g Cheddar or Gruyère cheese, grated  
 salt & pepper, to taste



### For the Filling

170g tin tuna, drained & flaked  
 2 tsp chopped capers  
 freshly chopped chives, for garnish

## SERVING SUGGESTION

Serve with a salad.

## VARIATIONS

Filling options (all sliced or diced):

- \* 100g mushrooms & 100g bacon, fried
- \* 100g ham & 100g tinned asparagus
- \* 100g leeks & 100g onions, fried
- \* 200g smoked salmon & 3 spring onions

