

**BRISTOL
INDEPENDENTS**
keep our high streets alive



Hartcliffe 'throw-it-together' self-crusting pie

Serves 2

Ingredients

2 eggs, beaten
60g grated tasty cheese
½ small onion, peeled and chopped
2 rashers of rindless bacon, chopped
50g self-raising flour
120ml skimmed milk
Sprinkle of dried herbs
Freshly ground black pepper
100g of your choice of chopped
mushrooms, peppers, cherry
tomatoes, courgettes, sweetcorn,
peas, beans, grated pumpkin, etc.

This is one of those seemingly impossibly easy quiche things where you throw it all in together. A great recipe when you're in a hurry.

Method

Preheat oven to 180°C. Spray a medium sized quiche dish (or similar) with non-stick baking spray.

Mix all the ingredients in a bowl. Pour into the prepared dish and bake for 30–35 minutes until set and golden brown.

Where you could buy the ingredients Food For All in the Gatehouse Centre sells locally sourced eggs, cheese, meat and vegetables in addition to wholefoods and fairtrade products. Dave John is a local butcher on St Peters Rise. HHEAG runs cooking and nutrition groups in the Gatehouse centre on Hareclive Road – open to anyone who lives or works in BS13 or BS14.