

Roasted Mediterranean Vegetable Quiche

Ingredients (serves 6-8)

240g plain flour	1 red onion, peeled and cut into wedges
1 tsp mustard powder	1 tbsp olive oil
125g unsalted butter	2 eggs
75ml milk	300ml double cream
1 courgette, trimmed, halved and sliced	15g parmesan cheese, grated
1 red pepper, deseeded and chopped	seasoning
1 yellow pepper, deseeded and chopped	

- Preheat the oven to 200°C (180°C fan, gas mark 6).
- Place the flour and mustard powder into a mixing bowl and, using your fingertips, rub the butter into the dry ingredients until it resembles fine breadcrumbs.
- Add the milk and mix until the pastry comes together into a ball of dough. Wrap in cling-film and chill for 20-30 minutes in the fridge (the pastry can be made in a food processor if preferred).
- Place the prepared vegetables into a roasting tin, sprinkle with seasoning and roast for 18-20 minutes.
- Meanwhile, roll out the pastry to line a 23cm loose-bottomed flan tin. Prick with a fork, line with baking paper and baking beans and bake blind on a baking tray for 15 minutes. Remove the paper and baking beans and bake the pastry case for a further 5 minutes.
- Spoon the roasted vegetables into the baked pastry case.
- Whisk together the eggs and double cream, add seasoning and pour over the vegetables.
- Sprinkle with grated parmesan and bake for 20-25 minutes, until golden.



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