



**Hela Spice Singapore Pte Ltd**

## **Breakfast Quiche**



	<b>Quantity</b>
Puff Pastry	1 Sheet
<b>Hela Martha Mild Ketchup</b>	<b>6 Tbsp</b>
Eggs	5
Cheddar Cheese	1 Cup
Cooked Ham	½ Cup
Tomato, Diced	1 Large
Spring Onion, Chopped	2 Bunch
Salt	Taste
<b>Hela Black Pepper</b>	<b>To Taste</b>

### **Instructions**

1. Preheat oven to 180C. Roll out puff pastry and cut it into 12 evenly sized rectangles. Grease the muffin tray with oil and line with baking paper.
2. Press a piece of puff pastry into each cup on the tray and poke the holes with a fork on the bottom of the pie.
3. In a bowl, beat the eggs, and mix in the chopped ham, cheese, tomato, spring onion and Hela Martha Mild ketchup. Season with salt and pepper to taste.
4. Pour batter into muffin tray cavities till 3/4 full.
5. Bake muffins for 25 minutes until golden brown. Then let it cool slightly, remove from the mold and serve it warm.

The formulation in this table is to the best of our knowledge and reflects our interpretation of in-house generated recipe. Since government regulations vary from region to region, we cannot guarantee that all the products are in accordance with the regulations of the various countries. Further examination of existing laws is advised.

This recipe does not intend to be a comprehensive reference document and we encourage the user to carry out stability and performance tests in their final application to determine suitability.