

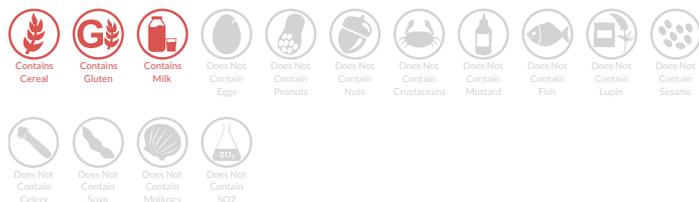
Ingredients

Product	Quantity
Shortcrust Pastry	320.00 g
Mushrooms (Sliced)	350.00 g
Mixed Wild Mushrooms	100.00 g
FAIRWAY GARLIC PUREE	21.00 g
4 Eggs	160.00 g
Semi Skimmed Milk	500.00 g
FAIRWAY RUBBED ENGLISH PARSLEY	10.00 g
Gruyere (Grated)	100.00 g
Watercress	200.00 g
FAIRWAY COARSE SEA SALT	2.00 g
FAIRWAY GROUND BLACK PEPPER	2.00 g

Serves: 6

Allergy Information

Key: Contains May Contain

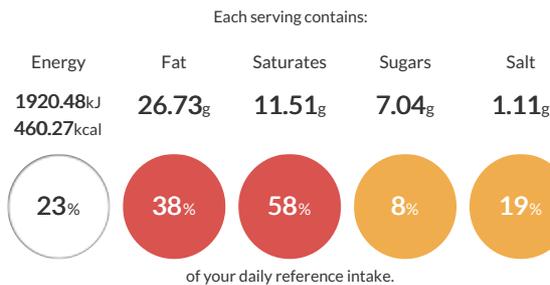


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	1920.48kJ 460.27kCal
Protein	19.71g
Carbohydrates	31.37g
of which sugars	7.04g
Non Milk Extrinsic Sugars	0g
Fat	26.73g
of which saturates	11.51g
Fibre	1.26g
Salt	1.11g
Sodium	0.17g
Iron	1.6mg
Calcium	325.1mg
Zinc	0.81mg
Folate	53.73µg
Vitamin A	99µg
Vitamin C	21.25mg

Method & Recipe Notes

1. Preheat the oven to 190°C/gas mark 5. Lightly grease a flan dish measuring approximately 10 inches. 2. Roll out the pastry until it is big enough to cover your dish, and lay it gently into the dish. Press it into the corners and tear off any excess (don't trim the pastry too neatly as it will probably shrink as it cooks - just tear off any corners that are overhanging by a large amount). 3. Prick all over with a fork (or fill with baking beads if you have them), and blind bake for around 20 minutes, until golden brown. 4. While the pastry cooks, prepare your filling. Heat the oil in a pan and cook the mushrooms and garlic over a medium heat for five minutes or so, until they have released their liquid. Season well. 5. Lightly beat the eggs with the milk. 6. When the pastry is golden brown, remove it from the oven. 7. Pour over the egg mixture, and sprinkle with chopped parsley. Then add the sautéed mushrooms in an even layer, and top with the grated cheese. 8. Return to the oven for a further 25 minutes, or until the cheese has melted and the egg has set.

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