

叉燒蛋批 - BBQ Pork Quiche

材料 Ingredients

急凍酥皮, 解凍	1 包	Frozen puff pastry, thawed	1 pack
極上燒臘系列 - 叉燒, 切粒	½ 杯	Premium BBQ Product – BBQ pork, diced	½ cup
黃甜椒, 去籽切幼粒	¼ 個	Yellow bell pepper, seeded, finely diced	¼ pc
紅甜椒, 去籽切幼粒	¼ 個	Red bell pepper, seeded, finely diced	¼ pc
橙甜椒, 去籽切幼粒	¼ 個	Orange bell pepper, seeded, finely diced	¼ pc
洋蔥, 切碎	½ 杯	Onion, finely chopped	½ cup
鮮紫蘇, 切碎	1 湯匙	Fresh basil, coarsely chopped	1 tbsp
蛋	3 隻	Egg	3 pcs
奶	1 ¼ 杯	Milk	1 ¼ cup
鹽	¼ 茶匙	Salt	¼ tsp
黑胡椒粉	少許	Black pepper	some
車打芝士碎	依個人喜好	Cheddar cheese, shredded	to your liking

步驟 Directions

1. 將酥皮放在鋪有麵粉平均壓成批皮, 放在 8 吋批盤內待用
2. 預熱焗爐 400°F
3. 將混合物平均倒在已預備好的焗盤內
4. 蛋 奶 打勻 鹽及黑胡椒粉調味 備用
5. 洋蔥炒香 加入甜椒炒軟身 待涼備用
6. 熟菜鋪在酥皮麵糰上 再放上叉燒粒 蛋液 灑上芝士碎
7. 放入焗爐焗 40 – 50 分鐘或致批面呈金黃色

1. Roll out puff pastry evenly on a floured surface, Lay out and press pastry into 8" pie plate and crimp edges. Set aside
2. Preheat oven to 400°F
3. Beat the eggs with milk, season with salt and black pepper, set aside
4. Sauté onion until fragrant, add in bell peppers and sauté under tender, set aside and let cool slightly
5. Lay vegetables over pastry then diced BBQ pork, pour egg liquid over and sprinkle with cheese
6. Bake quiche for 40-50 minutes or slightly golden