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Cheese And Vegetable Flan



Ingredients

A little softened butter
275g ready rolled puff pastry
1 red onion
1 courgette
1 small red pepper
1 small yellow pepper
A handful of cherry tomatoes
2 tablespoons of olive oil
3 eggs
200g cottage cheese with onion and chives
Salt and black pepper
A handful of chives
*100g mature cheddar cheese

Servings
8
Person

Preparation

1. Preheat the oven to 200 degrees, 180 degrees fan oven.
2. Lightly grease a deep baking tin, about 22cm square, with a little softened butter.
3. Line the baking tin with the ready rolled pastry, leaving a pastry rim of about 4cm around the edge.
4. Peel and thinly slice the onion. Thinly slice the courgette. Deseed, halve and cut the peppers into strips. Halve the cherry tomatoes.
5. Heat a tablespoon of oil in a frying pan and gently sauté the sliced onion for 2-3 minutes. Stir in the pepper strips and cook over a low heat for another 3 minutes. Tip into a bowl and leave to one side.
6. Heat another tablespoon of oil in the same pan to a medium heat and briefly cook the courgette slices on both sides, so that they are just brown. Leave them on a plate covered in kitchen towel. You may need to do this in 2 batches.

7 In a large bowl, beat the eggs. Add the cottage cheese, season with salt and black pepper and mix together. Stir in the cooked red onion and peppers. Snip in the chives and mix well together.

8 Spoon the mixture evenly into the pastry case then arrange the courgette slices and the tomato halves on top.

9 Grate the cheddar cheese and scatter it all over the top of the flan. Bake in the preheated oven for about 30 minutes, or until the flan is cooked through and the cheese is bubbling and golden brown.

Cooks Note

This delicious flan, made with ready rolled puff pastry to keep it simple, is filled with fresh vegetables and herbs mixed with creamy cottage cheese and topped with melted mature cheddar cheese.

*If cooking for vegetarians, remember to choose a suitable cheddar cheese.
Try adding basil, thyme or oregano instead if you don't have chives.
This flan is equally delicious served hot or cold; try popping a slice into lunchboxes.