Caramelised Onion & Silver beet Mini quiches

**Equipment**
Measuring Cups
Measuring spoons
2x Muffin Tins
1 Bowl
Wooden Spoon

**What to do**
1. Heat oven to 190 degrees. Grease 2x12 hole muffin tins.
2. Peel and slice onions. Heat a pan with 2 Tbsp oil, and cook onions until caramelised. Takes about 15 mins. Season with salt and pepper
3. Wash and pat dry the silver beet leaves. Finely slice. Cook gently in a frying pan with a little olive oil and 1 Tbsp butter.
4. Place the eggs & cream in a bowl, season with salt and pepper and whisk lightly until combined. Transfer to a jug for easy pouring.
5. Using a round cutter, cut rounds from each pastry sheet and press gently into muffin tins. Divide the silver beet among the quiche cases and pour over the egg mixture ¾ full. Sprinkle on some caramelised onion and bake for 12 mins or until golden and puffed.
6. Cool in tin for 2 mins then carefully transfer to wire rack for 5 mins before serving.

**Ingredients**
3 onions, peeled.
Salt, pepper
4 eggs
400ml pouring cream
6 frozen puff pastry sheets, thawed.
30 g grated gruyere or cheddar
4 Tbsp olive oil
12 silver beet leaves

From The Garden:
Onions
Eggs
Silver beet leaves