

Quiche aux sardines



Ingredients

- 2 canned sardines with extra virgin olive oil
- 1 pastry
- 3 eggs
- 20 cl /6,76 us fl oz milk
- 20 cl/6,76 us fl oz fresh cream
- 10 cherry tomatoes
- Salt & pepper

Preparation

1. Pre-heat the oven to 180° C / 356° F
2. Place the pastry in a pie dish and prick with a fork
3. Beat the eggs together with the milk, fresh cream, salt & pepper.
4. Add to the preparation the drained and crumbled sardines.
5. Pour the preparation on the pastry
6. Add the cherry tomatoes
7. Bake 40 minutes, bon appétit!

