



Cheese and Courgette Flan

This flan has a lovely flavour and is a great way of using up your late summer glut of courgettes. Delicious served warm or cold with chutneys and salad, and heaps of coleslaw too! Use shop bought shortcrust pastry or make your own if you have time.

Ingredients

- Vegetable oil for frying
- 1 medium-sized onion, peeled and sliced
- Approx 500 g courgettes, washed and sliced
- Shortcrust pastry flan case
- 3 eggs, beaten with 150 ml milk
- Salt & freshly ground black pepper
- 100 g Cheddar cheese, grated

Method

- Fry onion gently in the vegetable oil until golden. Add courgettes and continue cooking for about 10 minutes or until the courgettes are lightly coloured, stirring occasionally.
- Drain excess oil, remove from pan with a slotted spoon, and place in the flan case.
- Pour over the eggs and milk and season to taste. Sprinkle with the grated cheese.
- Bake in a hot oven (190C, 375F or Gas Mark 5) for 25 - 30 minutes until the filling is set and the pastry is golden.