



## EAST INDIAN SARDINE QUICHE

- 2 cans **Crown Prince Natural Brisling Sardines in Water**, drained and flaked
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 onion, thinly sliced
- 1 1/2 tablespoons curry powder
- 4 eggs
- 1 12 ounce can evaporated milk
- 1/4 cup heavy cream
- salt and black pepper to taste
- 1/2 red bell pepper, thinly sliced
- 1/2 green bell pepper, thinly sliced
- 1/2 teaspoon paprika



Preheat oven to 350°F. Heat oil in a large frying pan and sauté the garlic and onion until soft. Add curry powder and sauté until fragrant. Remove from heat and stir in the sardines. Set aside and let cool.

Beat the eggs, milk, cream, salt and pepper until thoroughly combined. Add the sardines and mix evenly to blend. Pour the entire mixture into a large baking dish. Top with bell peppers and sprinkle with paprika. Bake for 35 minutes, or until the filling is set and golden brown. Serve warm or chilled. *Serves 4.*

*Per Serving: 298 Calories (197 Calories from Fat), 22g Fat, 14g Protein, 11g Carbohydrate, 193mg Cholesterol, 150mg Sodium*