

Spinach and Ham Slice

Ingredients

- 1 onion diced
- 2 tablespoons plain flour
- 200 grams chopped ham
- 1 cup milk
- 1 teaspoon French mustard
- 4 eggs beaten
- 1 cup grated cheese
- 1 tablespoon mixed herb
- 1 ½ cups cooked spinach (chopped)
- Margarine
- Optional additions:
 - Diced capsicum
 - Corn
 - Shredded carrot

Instructions

1. Melt margarine, fry onions, (if using add carrot, corn and capsicum) until soft.
2. Add flour, stir in and cook for 1 minute.
3. Remove from heat, stir in milk, ham, herbs and mustard.
4. Add eggs and mix thoroughly.
5. Fold in spinach.
6. Pour into greased baking dish and bake at 180°C until set.
7. Serve with crusty bread and salad.