

FREE RECIPE EBOOK

One-Pan Bakes & Quiches

5 savory bakes for your pie, springform and loaf pans

Golden Crust Kitchen · allmuffins.com

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One pan, one oven, dinner done. These five savory bakes from our kitchen use the pans you already own: a pie dish for two crispy-crust quiches, a springform pan for a pumpkin turkey quiche and a chicken potato bake, and a loaf pan for a cheesy chicken and mushroom loaf.

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ONE-PAN BAKES & QUICHES

Hash Brown Crust Quiche

PREP	COOK	SERVES
10 min	40 min	6

A crispy golden hash brown crust filled with spinach, cherry tomatoes and a cheesy egg custard.

INGREDIENTS

- 8 frozen hash brown patties, thawed
- 1 tbsp butter, for the dish
- 1 cup chopped spinach leaves
- 1/2 cup cherry tomatoes, halved
- 6 large eggs
- 1/3 cup milk
- 1/2 tsp salt and 1/4 tsp black pepper
- 1/2 cup shredded cheese

INSTRUCTIONS

1. Heat the oven to 400°F (200°C) and butter a 9-inch (23 cm) pie dish.
2. Press the hash browns into the dish with a fork to form an even crust up the sides. Bake for 20 minutes, until golden.
3. Whisk the eggs, milk, salt and pepper.
4. Spread the spinach and tomatoes in the crust, pour in the eggs and scatter the cheese on top.
5. Bake for about 20 minutes more, until the center is set. Rest 5 minutes, then slice.



Crispy Potato Crust Beef Quiche

PREP	COOK	SERVES
20 min	60 min	6

Smashed boiled potatoes make a crisp crust for a filling of seasoned beef, peppers and creamy custard.

INGREDIENTS

- 6 to 8 small potatoes, boiled and peeled
- 1 tbsp melted butter
- 2 tbsp olive oil
- 1/2 lb (225 g) ground beef
- 1 medium onion, finely diced
- 1 cup diced red and green bell peppers
- 3 garlic cloves, finely chopped
- 1 tsp mild chili powder
- 1 tsp Italian herbs
- 3 large eggs
- 1 1/2 cups heavy cream
- A pinch of nutmeg
- 1/2 cup shredded cheddar
- 1/2 cup shredded mozzarella
- Salt and black pepper

INSTRUCTIONS

1. Heat the oven to 350°F (175°C) and grease a 9-inch (23 cm) pie pan with some of the butter.
2. Set the potatoes in the pan and press them with the bottom of a cup into a continuous crust with a raised edge. Brush with the rest of the butter, season and bake for 10 to 15 minutes, until lightly golden.
3. Brown the beef in the oil for 2 to 3 minutes. Add the onion, garlic and peppers, season with salt, pepper, chili powder and herbs, and cook 3 minutes more, until the beef is cooked through.
4. Whisk the eggs, cream and nutmeg.
5. Spread the beef in the crust, pour in the custard and scatter both cheeses on top.
6. Bake for 40 to 45 minutes, until just set. Cool 10 minutes before slicing.



Pumpkin Turkey Quiche

PREP	COOK	SERVES
20 min	45 min	6

A potato crust, ground turkey and sweet onions under a spiral of honey-glazed pumpkin slices.

INGREDIENTS

- 10 small potatoes, boiled
- 3 tbsp olive oil, divided
- Salt and sweet paprika
- 5 oz (150 g) shredded cheese, divided
- 7 oz (200 g) cottage cheese
- 9 oz (250 g) ground turkey
- 1 large red onion, thinly sliced
- 2 tbsp honey, divided
- 1/2 small red kuri (Hokkaido) pumpkin
- 2 tsp pumpkin seeds
- Fresh thyme

INSTRUCTIONS

1. Heat the oven to 350°F (180°C). Line the base of an 8-inch (20 cm) springform pan with parchment.
2. Crush the potatoes in the pan, season with 2 tbsp oil, salt and paprika and smooth into a flat crust. Scatter 3.5 oz (100 g) cheese on top and bake for 10 minutes.
3. Sauté the onion in 1 tbsp oil for 3 to 4 minutes. Add the turkey and cook until browned and cooked through, then stir in 1 tbsp honey.
4. Spread the cottage cheese over the crust, add the turkey mixture and the rest of the cheese.
5. Seed the pumpkin and cut it into thin half-moons. Pan-fry them with the remaining honey and a pinch of salt for about 5 minutes, then lay them on top in an overlapping spiral. Add the pumpkin seeds and thyme.
6. Bake for 20 to 25 minutes. Remove the ring before cutting into wedges.



Easy Cheesy Chicken & Potato Bake

PREP	COOK	SERVES
15 min	35 min	4

Smashed potatoes, chicken, cherry tomatoes and two kinds of mozzarella set in a fluffy egg bake.

INGREDIENTS

- 5 small potatoes, boiled
- Salt and black pepper
- 9 oz (250 g) cooked chicken, in chunks
- 5 oz (150 g) cherry tomatoes, halved
- 3.5 oz (100 g) fresh mozzarella, cubed
- 4 large eggs
- 1/2 cup (100 ml) milk
- 2 tbsp chopped fresh herbs
- 3.5 oz (100 g) shredded mozzarella

INSTRUCTIONS

1. Heat the oven to 350°F (180°C) and line an 8-inch (20 cm) springform pan with parchment.
2. Put the potatoes in the pan, smash them flat with a fork and season with salt and pepper.
3. Scatter the chicken over the potatoes, then the tomatoes and mozzarella cubes.
4. Whisk the eggs and milk with a pinch of salt and pour over the filling.
5. Sprinkle with the herbs and shredded mozzarella.
6. Bake for 35 minutes, until set and golden. Remove the ring, slice and serve.



Cheesy Chicken & Mushroom Loaf

PREP	COOK	SERVES
15 min	45 min	4

Juicy chicken and mushrooms baked in a light egg custard in a loaf pan, then cut into thick slices.

INGREDIENTS

- 10.5 oz (300 g) chicken breast, cut into small cubes
- 1 cup sliced white mushrooms
- 4 large eggs
- 1 tbsp all-purpose flour
- 2 to 3 tbsp sour cream or plain Greek yogurt
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3/4 cup shredded mozzarella

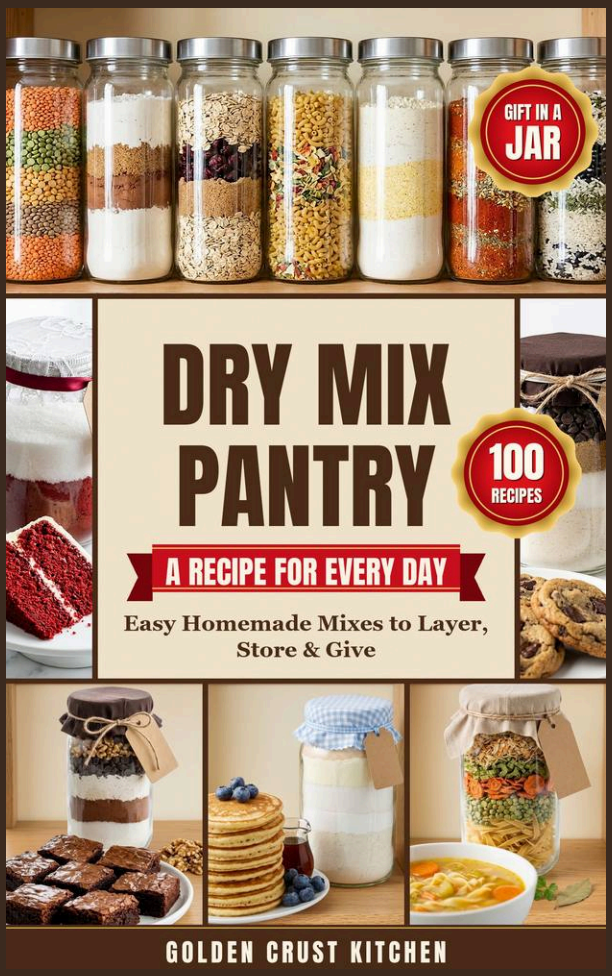
INSTRUCTIONS

1. Heat the oven to 375°F (190°C) and line a 9 x 5 in (23 x 13 cm) loaf pan with parchment.
2. Put the chicken in the pan and scatter the mushrooms over it.
3. Whisk the eggs, flour, sour cream, salt and pepper until smooth and pour over the chicken.
4. Sprinkle the mozzarella over the top.
5. Bake for 40 to 50 minutes, until the chicken reaches 165°F (74°C) and the cheese is golden.
6. Lift out with the parchment and cut into thick slices.

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