



Easy cheese souffle

15'
Hands on

30'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 12 zea bread slices
- 50 g melted butter
- 200 g ham
- 1 clove of garlic
- 400 g cheese mix
- 1 teaspoon chili flakes
- 1 tablespoon thyme or oregano
- 500 g milk
- 3 eggs
- pinch of nutmeg

To serve

- thyme

Method

- Preheat the oven to 200° C (392° F) set to fan.
- Place a [frying pan](#) on heat.
- Spread the bread slices onto your working surface and [spread](#) them with butter on both sides.
- Add them into the frying pan, in three batches, and sauté for 30 seconds on each side, to turn golden. Remove and set aside.
- Place the frying pan on heat again.
- Cut the ham into pieces, add it to the hot frying pan, and sauté for 2-3 minutes.
- Spread the 6 slices onto a [32x25 cm baking pan](#) and spread them with the garlic. Spread half of the ham, half of the cheese, half of the chili flakes, and the thyme. Follow the same process with the rest of the ingredients until there are two layers.
- In a bowl add the milk, eggs, nutmeg, and mix until the eggs are dissolved. Pour the mixture over the souffle.
- Bake for 30 minutes. Alternatively, you can first cover it with plastic wrap and place it in the refrigerator for 30 minutes, so that the milk mixture is absorbed, and then bake in the oven.
- Remove and serve with thyme.

Διατροφικός πίνακας

Nutrition information per portion

459 Calories (kcal)	27.0 Total Fat (g)	16.0 Saturated Fat (g)	25.0 Total Carbs (g)
23%	39%	80%	10%
5.0 Sugars (g)	29.0 Protein (g)	2.8 Fibre (g)	1.7 Sodium (g)
6%	58%	11%	28%