

Crustless Instant Pot Broccoli Cheddar Quiche



This quiche is satisfying as is, but you can add $\frac{1}{2}$ cup chopped ham, crumbled bacon, or sausage for a meaty variation, if you like. The base—eggs, milk, salt, and pepper—works for nearly any filling you can think of.

Course Breakfast, Dinner, Lunch

Prep Time 10 minutes

Servings 4

Calories 267 kcal

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Ingredients

- 6 large eggs
- $\frac{1}{2}$ cup whole milk
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 small head broccoli about 8 ounces, finely chopped
- 3 green onions white and light green parts, sliced
- 1 cup shredded Cheddar cheese 4 ounces

Instructions

1. Butter a $1\frac{1}{2}$ -quart soufflé dish or a 7-cup round heatproof glass container.
2. Fold a 20-inch-long sheet of aluminum foil in half lengthwise twice to create a 3-inch-wide strip. Center it underneath the soufflé dish to act as a sling for lifting the dish into and out of the Instant Pot. Pour 1 $\frac{1}{2}$ cups water into the pot and add the trivet.
3. In a bowl, whisk together the eggs, milk, salt, and pepper. Stir in the broccoli, green onions, and cheese.
4. Pour the egg mixture into the prepared dish. Then, holding the ends of the foil sling, lift the dish and lower it into the Instant Pot. Fold over the ends of the sling so they fit inside the pot.
5. Secure the lid and set the Pressure Release to Sealing. Select Manual setting and set the cooking time for 25 minutes at high pressure.
6. Let the pressure release naturally for at least 10 minutes, then move the Pressure Release to Venting to release any remaining steam.
7. Open the pot and, wearing heat-resistant mitts, grasp the ends of the foil sling and lift the quiche out of the Instant Pot. Let the quiche cool for at least 5 minutes, giving it time to reabsorb any liquid and set up.
8. Slice and serve warm or at room temperature.