

Asparagus & Vegetable Quiche

Recipe recommended by Rebecca Szczypka
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	702kj	8%
Energy (kcal)	169kcal	8%
Fat	11g	16%
of which saturates	5.5g	28%
Carbohydrate	7.5g	3%
of which sugars	2g	2%
Fibre	0.9g	4%
Protein	9g	18%
Salt	0.5g	8%

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INGREDIENTS: (Serves 8, approx. 278kcal per 165g serving)

1 sheet of shortcrust pastry – to fit 9.5in/24cm round tart pan (**GLUTEN**)

10 medium **EGGS**

MILK – as needed, added to eggs to bulk quantity and fill the pastry case

1 small courgette – grated

8 asparagus spears – stalk finely sliced, tops set aside

20 sun dried tomatoes (or cherry tomatoes – halved and dried in a low oven) (**SULPHITES**)

120g Feta cheese – crumbled (**MILK**)

Cheddar cheese - Small handful (**MILK**)

Salt and pepper

METHOD:

1. Line your 24cm tart pan with a sheet of baking paper (to aid easy removal once cooked). If you scrunch the paper up first it will easier fit the shape of the pan. Lay the pastry inside the pan (if using pre-rolled) or roll the block to about ½ cm thickness. Leave extra over the edges to allow for shrinkage. Place another sheet of baking paper inside and fill with baking beans or rice to blind bake the pastry and prevent bubbling. Cook in a pre-heated oven at 200C for c.25 minutes or until the pastry is slightly browned, then remove the top sheet of paper with the beans and cook for another 5 mins or so to crisp up the base.
2. Meanwhile, in a large bowl, whisk the eggs. Add the sliced/ grated vegetables, the tomatoes, the cheese and season well with salt and pepper. The asparagus tops will be used on top for decoration.
3. Once the pastry is cooked, **turn the oven down to 160c**. This is important. Once the oven is cooled you can add the egg mixture to the pastry case. At this point you may need to add some extra milk to fill it, just gently whisk it through. Top the mixture with the reserved asparagus tops and carefully put into the oven.
4. Cook for about 45minutes then start to check to see if it is set. You can usually tell just by looking but you can also give the pan a nudge to see if it is still liquidy. Continue to cook until the top and centre feel set (but not stiff) The top should be set and firm but still with a nice spring with a nice golden brown colour.

ALLERGENS



MILK



GLUTEN



EGGS



SULPHITES

MODIFY

Use dairy free alternatives
as necessary

Switch with other vegetables

CREDIT

Recipe and photo by
Rebecca. Szczypka:



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