



# VEGETARIAN QUICHE

Written by @therealpeterspan



Quiche is a savoury open tart consisting of pastry crust filled with eggs, milk or cream, and cheese, meat, seafood or vegetables. It is part of French cuisine but is also popular in other countries, particularly as party food.

What I love most about quiche is the creamy, savory, custard-like interior. Perfect for breakfast, this vegetarian quiche also makes a great lunch or light dinner when served with a salad. The next best thing is the fact that it's not fussy. You can serve quiche warm, or at room temperature.

Peter's  
Pan 



# Peter's Pan

## VEGETARIAN QUICHE

### Ingredients:

*For the pastry:* 280g plain flour / 140g cold butter

*For the custard:* 5 eggs / 200ml crème fraîche / 200ml milk. As well you can add your fav herb – coriander, parsley, tarragon or rosemary

*For the filling:* 200 g cauliflower, cut into small pieces and cooked / 1 large handful white onion, chopped / 4 big and beautiful leaves of rainbow chard / 250g mushroom, sliced / 200g red bell pepper, chopped / 100g mature cheddar, grated

### Instructions:

- To make the pastry, tip the flour and butter into a bowl, then rub together with your fingertips until completely mixed and crumbly.
- Add 8 tbsp cold water, then bring everything together with your hands until just combined.
- Roll into a ball and let it rest in the fridge for couple of hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Over medium-low heat melt butter in a large saucepan and sauté the vegetables individually – each of them takes like 5 minutes to be done.
- Cook slowly, stirring occasionally until the vegetables are soft.
- Boil half litre of water in pan and cook the cauliflower pieces until they're soft (maximum 8 minutes).
- Spoon vegetables into crust and sprinkle with cheese.
- Combine eggs, milk and the crème fraîche.
- Season with salt and pepper.
- Pour egg mixture over vegetables and cheese.
- Bake in preheated oven for 30 to 50 minutes, or until center has set.

