Recipe

**Vegetable quiche.**
Give yesterday's vegetables a new twist.

**Ingredients**

for 1 GN granite–enamelled containers /makes 6 servings

- 300 g flour
- 200 g cream cheese
- 100 g butter, soft
- Salt
- 2 onions
- 2 cloves of garlic
- 1000 g vegetables
  (you can use vegetables left over from previous days.)
- 400 ml cream
- 6 eggs
- 6 tsp mustard

**Spices:**
- Salt
- Pepper
- Nutmeg

**Instructions**

1. The pastry is very easy to make: According to the 1:2:3 principle. Make a shortcrust pastry out of butter, cream cheese and flour. Knead for as little as possible, but for as long as necessary. Form into a ball and leave to rest.
2. Chop the onion and garlic finely. Almost any vegetables can be used. However, vegetables with a high water content are less suitable. The vegetables should be cut into bite-sized pieces.
3. Fry the onion and garlic in a little fat until translucent and add to the sliced and previously blanched vegetables. Season with salt, pepper and nutmeg.
4. For the Royale, stir the cream with the eggs and mustard. Season well with salt, pepper and nutmeg.
5. Roll the pastry out thinly onto a floured surface, place in a greased granite-enamelled container and lift up the side around 3 cm. Spread the vegetables on the dough, and pour the Royale over the vegetables. Bake in the preheated SelfCookingCenter® under bake cakes/sponge cake with a core temperature probe and medium browning level 3/5. Leave to rest before slicing.

**Preparation time:**
> 45 minutes

The quiche contains approx. 670 kcal

- 21.4 g protein
- 50 g carbohydrates
- 44.1 g fat
- 8.6 g fibre
- 1 g salt

The price per portion is around €0.86