



## vegetable quiche

A recipe by petra: [www.cookseasonal.com/recipe/39](http://www.cookseasonal.com/recipe/39)

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### Preparation

1. Preheat the oven to 180C, heat the butter in a pan, add the lemon juice and the spinach. Heat for 1 minute, drain and chop into small pieces. Boil the remaining vegetables in salt water - beans for 5 minutes, broccoli for 3 minutes, chick peas and sugar snaps for 2 minutes.
2. Mix the eggs, milk, and cream, then season with salt and pepper.
3. Roll the shortcrust into a baking form, prick the bottom with a fork several times, then sprinkle the breadcrumbs onto the shortcrust. Add the vegetables and pour the egg mixture over it.
4. Bake for 20 minutes, then let cool slightly before serving.

### Ingredients

- **shortcrust (ready made):** 1 pack
- **breadcrumbs:** 2 tablespoon
- **cream:** 200 ml
- **milk:** 150 ml
- **egg yolk:** 1
- **eggs:** 2
- **broccoli:** 100 gram
- **sugar snaps:** 100 gram
- **chick peas:** 150 gram
- **spinach:** 100 gram
- **lemon juice:** 1
- **butter (unsalted):** 20 gram

### Timing

- **Preparation time:** 20 minutes
- **Waiting time:** minutes
- **Cooking time:** 25 minutes