

Cherry Tomato, Asparagus & Goat's cheese Quiche



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Vegetarian

Lunch or dinner time doesn't have to be boring with this delicious cherry tomato, asparagus and goat's cheese quiche! The great thing is, you can prep and cook this quiche ahead of time because it freezes well and just pop a slice out for each day of the week to take to work or for dinner for a delicious meal.



Ingredients

- 220g frozen shortcrust pastry case
- 3 eggs
- 125ml (1/2 cup) pure cream
- 2 tbsp finely grated Parmesan cheese
- 1 bunch asparagus, cut into 6cm lengths, blanched
- 100g cherry tomatoes, halved

- 40g soft goat’s cheese, crumbled
- Basil leaves, to serve

Method

1. Preheat oven to 180°C/160°C fan forced. Line pastry case with baking paper and half fill with baking beads or rice. Bake blind for 10 minutes. Remove paper and beads or rice.
2. Meanwhile, whisk eggs and cream together in a medium bowl. Season with salt and pepper and stir in parmesan.
3. Arrange asparagus, tomato and feta over pastry base and carefully pour over egg mixture and evenly distribute filling. Bake for 20 minutes or until pastry is golden and filling is puffed, golden and set. Set aside for 10 minutes before serving and serve scatered with basil leaves. Delicious warm or cold.

Notes

Serve with a side of salad, and if you're saving some for later, refrigerate for no more than 3 days.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
199 g	1890kj 452kcal	14.4g	32.3g	16.9g	25.2g	6.2g	419mg	1.8g

All nutrition values are per serve.