

# Roasted Pumpkin, Ricotta & Sage Quiche



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Vegetarian

With this delicious filling on for the classic quiche, it's perfect for the next time you're wanting to cook an easy lunch or dinner during the week. Or if you're the type to meal prep ahead of time, this quiche recipes can be frozen and that's your lunch for the week sorted. Plus it is guaranteed to impress in the office at lunchtime!



## Ingredients

- 220g frozen shortcrust pastry case
- 3 eggs
- 125ml (1/2 cup) pure cream
- 2 tbsp finely grated Parmesan cheese
- 1 ½ cups roasted pumpkin cubes (or other roasted veg such as sweet potato)
- 1 tbsp chopped fresh sage
- 80g (1/3 cup) fresh ricotta cheese, crumbled

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 pumpkin, sage and ricotta 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. Delicious warm or cold.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
235g	2040kJ 488kcal	15.3g	33.1g	17.1g	31.1g	10.4g	408mg	2.3g

All nutrition values are per serve.