

Asparagus & zucchini quiche



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Preparation: about 30 minutes
Cooking: about 50 minutes
Serves: 6

2 sheets frozen ready-rolled shortcrust pastry
1 tbs olive oil
3 green onions (shallots), trimmed and thinly sliced
250g small zucchini, thinly sliced
1 bunch asparagus, trimmed and roughly chopped
4 free-range eggs (at room temperature)
1 cup cream
½ cup finely grated parmesan cheese
Salt and ground black pepper
Leafy green salad, to serve



Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a good source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.

1. Preheat oven to 200°C/180C fan-forced. Defrost pastry on a bench. Cut a 23cm circle from one sheet of pastry, place pastry in base of a 22cm spring-form pan. Cut 3 x 5cm wide strips from remaining pastry sheet and use to line the sides of the pan, pressing pastry to seal. Bake pastry for 20 minutes or until golden and just crisp.
2. Meanwhile, heat oil in a medium frying pan over medium heat. Add green onions, zucchini and asparagus and cook, stirring often, for 4-5 minutes until beginning to soften. Set aside to cool.
3. Whisk eggs and cream in a medium bowl until well combined. Stir in parmesan and season with salt and pepper.
4. Spoon cooled asparagus mixture into pastry case. Pour egg over asparagus mixture. Bake at 160°C for 40-45 minutes until set. Set aside for 10 minutes. Remove quiche from pan. Slice and serve with a leafy green salad.