

## INGREDIENTS

1 pack of Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning

1 small zucchini

1 small eggplant

1 red onion

100 g green asparagus tips

200 ml of vegetable milk

100 g cherry tomatoes

50 ml vegetable cooking cream or creme fraiche

80 g grated vegan cheese

2 tbsp cornflour

6 slices of savory pie dough (300g)

dried oregano

basil to garnish

oil for frying

salt and pepper



5 SERVINGS



1 H. 10 MIN



CHALLENGING

Fancy a little bit of a French touch in your kitchen? Try this delicious vegan quiche with Garden Gourmet Sensational Filet Pieces Mediterranean seasoning.

## PREPARATION

### 1. Thaw the quiche dough and cut the veggies

Let the slices of quiche dough thaw. Cut the courgette and aubergine into pieces and the onion into rings.

### 2. Cook the veggies and Sensational filet pieces

Fry the vegetables for a few minutes in a little oil until light brown, sprinkle with oregano and let them cool down. Blanch the asparagus (in boiling water for 1 minute) and rinse under cold water. Halve the tomatoes. Bake the Garden Gourmet filet pieces Mediterranean seasoning according to the instructions on the packaging.

### 3. Preheat oven and make milk mixture

Preheat the oven to 180 °C. Line the quiche tin with the dough. Mix the milk with the creme fraiche, cheese and cornstarch and season with salt and pepper.

### 4. Fill up your quiche

Put the quiche tin on a baking tray and divide the fried vegetables, tomatoes and the pieces in the quiche. Pour the milk mixture on top and then spread the asparagus on top.

### 5. Bake the quiche, garnish, and serve!

Bake the quiche for about 40 minutes. Garnish with fresh basil and serve e.g. with an arugula salad with olive oil and balsamic vinegar.

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