

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



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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