

QUICHE SALMON, SWEET POTATOES, SPINACH, CARROT

 30 minutes 50 minutes 6 portions

INGREDIENTS

- 100 grams of puff pastry, frozen, ready-to-bake
- 200 grams of salmon, farmed, flesh only, steamed, cut into small cubes
- 200 grams of spinach, frozen, chopped or leaf, unprepared
- 200 grams of sweet potato
- 100 grams of carrot
- 100 grams of broccoli, raw
- 3 tablespoons of cheese, cottage, plain (120 g)
- 6 medium units of egg, whole, raw, fresh (264 g)
- 5 grams of chives, raw
- 1 teaspoon of dill, dried (1 g)
- A pinch of salt of pepper to taste

COOKING METHOD

- 1° Preheat the oven to 200 degrees Celsius
- 2° In a small bowl, whisk together the eggs, add salt, pepper and dill.
- 3° Wash the spinach and dry them with a salad spinner. In a pan, add one teaspoon of oil and cook the spinach for 5 minutes. Leave them on the side to cool down a bit.
- 4° Prepare the other vegetables : - Sweet potatoes (peel and cut in medium cubes) - Broccoli (wash and cut it off in medium chunks) - Carrot (peel and cut in medium cubes)
- 5° Take a pan, fill it up with water and a pinch of salt. Once the water is boiling, add the sweet potatoes, carrot, cook them for 10mn. After 10mn, add the broccoli. Cook it all for 8 more minutes. After the time, remove the water, and wait for vegetables to cool down a bit [5 to 10 minutes].
- 6° Cut the salmon into small chunks and make sure there is no bones.
- 7° In a large bowl, whisk together the eggs, add salt, pepper and dill. Add all the vegetables and salmon and give it a good stir.
- 8° In a pie plate, spread the puffy pastry. Once done, taste a fork and make a few holes on the bottom.
- 9° Now, pour slowly all the content of large bowl into the pie plate. Add it slowly, and make sure the top it's even with spoon.
- 10° Once all ready, it's time to put it on the oven for 20mn and bake it at 200 degrees Celsius.
- 11° Enjoy it warm.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (183 g)	% DRI
ENERGY	155 kcal	284 kcal	14 %
FAT	9 g	17 g	27 %
FATTY ACIDS, TOTAL SATURATED	3 g	5 g	23 %
CHOLESTEROL	105 mg	193 mg	64 %
SODIUM	216 mg	395 mg	16 %
CARBOHYDRATE	8 g	16 g	5 %
SUGARS	1 g	2 g	—
FIBER	1 g	2 g	8 %
PROTEIN	9 g	17 g	—