



Easy Vegetarian Quiche

PREP TIME 20 mins | COOK TIME 40 mins | TOTAL TIME 60 mins | SERVES 8

INGREDIENTS

- 1 batch Flaky Pastry (check website for recipe)
- ¼ cup butter
- 1 medium onion, finely chopped
- about ½ lb fresh asparagus, trimmed, finely sliced, tips reserved
- 2 tablespoon all-purpose flour
- 4 eggs
- ¾ cup milk
- ½ teaspoon salt
- 2 cups shredded strong cheese such as cheddar

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Melt the butter in a large frying pan over medium. Add the onion and cook gently about 4 min until they're turning translucent, stirring often. Add the sliced asparagus spears and cook another 2 to 3 minutes or until they are bright green. Sprinkle in the flour and stir until totally incorporated. Add the asparagus tips and remove the pan from the heat.
3. Whisk the eggs in a large bowl. Whisk in the milk and salt. Scrape in the asparagus mixture and the cheese and stir well. Season with fresh pepper if you like.
4. Roll out the pastry about ¼ in thick then transfer to a 9-inch pie plate. Crimp the edge. Pour the egg mixture into the pastry shell, then use your fingers to find the asparagus tips and place them on the top of the quiche. Place the pie plate on a baking sheet.
5. Bake for 15 min then reduce the heat and bake another 25 to 30 min or until the quiche is lightly browned on top. Let stand at least 10 min before serving.

TIP: This is one of my favourite ways to use spring asparagus, but you can use any vegetable in the same way: broccoli is especially good, as are mushrooms, leeks, spinach, peppers. Just keep the onions, too -- they're part of the flavour. Use any strong cheese for this: gouda, gruyere, goat, cheddar, feta etc.