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Crustless Vegetable Quiche

Spice level: low to medium

If you are searching for a delicious, healthy breakfast for your family or a party, this crustless vegetable quiche has a ton of flavor and will keep everyone coming back for more. I make this dish with SH' That's Hot! Habanero Hop Infusion which adds a great dimension of flavor and is great for those with gluten intolerance.

Ingredients:

- 6 eggs
- 2 bunches of bok choy (you could also use spinach, kale or other leafy green)
- 1/2 sweet pepper (I used yellow but yellow, orange or red would work just fine)
- 1/2 white onion
- 2 cups of cheddar or other shredded cheese
- 1 head of broccoli
- 2 Tbl. SH' That's Hot! Habanero Hop Infusion Hot Sauce
- 2 Tbl. milk or half and half (can also use almond milk or coconut milk)
- 1 Tbl. Vegetable oil + oil on a paper towel for greasing pie pan

Directions:

Heat oven to 350°F. Wash all vegetables thoroughly. Cut off the bottoms of bok choy bundles and remove all leaves from the bundle and lay out on paper towels to dry. Once dry, place leaves on top of each other, roll tightly and slice vertically into ribbons). Finely dice onion and pepper. Heat skillet over medium heat with a 1 Tbl. vegetable oil in a large skillet or wok. Once heated, add onion and cook for 2min. Add peppers and cook both until slightly soft. Add ribbons of Bok Choy and 1 Tbl. of Habanero Hop Infusion sauce. Take pan off heat to cool. Roughly chop broccoli into small florets. In a



large bowl, scramble eggs and add milk or half and half. Add remaining 1 Tbl. of Habanero Hop Infusion sauce and broccoli florets to egg mixture and mix. Add bok choy mixture and cheese. Stir to combine. Pour into a 9in (210cm) glass pie dish and cook in oven for 30-35min or until cooked in center (put in a toothpick and comes out clean) and browned on the edges. Cut and serve.

Serves 4.