Dinner

Crustless Garden Vegetable Quiche

An open, pastry-free quiche packed with softened vegetables, sweet roasted peppers and a smooth cottage cheese and egg base, finished with plenty of fresh herbs.



Vegetarian

55 min	267	13 g	12 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] Low-calorie cooking spray
- [ ] 1 small onion, finely chopped
- [ ] 1 garlic clove, finely chopped
- [ ] 1 courgette, finely chopped
- [ ] 100 g cherry tomatoes, halved
- [ ] 1 tbsp each chopped fresh parsley and chives, plus extra to serve
- [ ] 100 g roasted red peppers in brine from a jar, drained and roughly chopped
- [ ] 150 g fat-free natural cottage cheese
- [ ] 4 medium eggs, lightly beaten

Nutrition Facts

Per serving

Calories	**267**
Total fat	12 g
Saturated fat	3.8 g
Sodium	Not listed
Total carbs	13 g
Fiber	2.7 g
Total sugars	12 g
Protein	24 g

Method

- [ ] **1** Set the oven to 200°C/fan 180°C/gas 6 and lightly coat an 18cm non-stick ovenproof flan or pie dish with low-calorie cooking spray.
- [ ] **2** Give a non-stick frying pan a couple of pumps of low-calorie cooking spray and place it over a medium heat.
- [ ] **3** Tip in the finely chopped small onion, garlic clove, courgette and halved cherry tomatoes, stir-frying for 6-8 minutes until everything has softened, then take the pan off the heat.
- [ ] **4** Stir the chopped fresh parsley and chives through the vegetables, then fold in the roasted red peppers in brine from a jar, drained and roughly chopped.
- [ ] **5** Mix the fat-free natural cottage cheese into the lightly beaten medium eggs, pour this over the vegetables in the pan and season lightly with pepper.
- [ ] **6** Give everything a good stir, then spoon the mixture into the prepared flan or pie dish.
- [ ] **7** Bake for 30-35 minutes, or until lightly golden and cooked through.
- [ ] **8** Scatter over the extra parsley and chives and serve with a salad.

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