

COURGETTE QUICHE WITH ONION CHUTNEY

(For 4 servings or for 1 tart, approx. 10 x 30 cm)

Prep and cook time: 40 min

Bake approx.: 40 min

Chill approx.: 30 min

Difficulty: easy

Ingredients

For the pastry

150 g flour

100 g wholemeal spelt flour

150 g cold butter, chopped

1 egg

soft butter, for the dish

flour, for the work surface

For the topping

1 clove garlic, finely chopped

1 tbsp rape seed oil

4 courgettes, roughly grated

250 g ricotta

150 ml cream

3 eggs

1 tbsp fresh mint, chopped

75 g grated cheese, e. g. Parmesan

salt

ground black pepper

nutmeg

2 - 3 tbsp red onion chutney

baby turnip leaves, to garnish



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Method

1 Mix together both types of flour and a pinch of salt and pile onto the work surface. Create a well in the middle and place the butter around it. Beat the egg in the well and then chop all the ingredients with a knife to create breadcrumbs. Knead quickly into a smooth pastry using your hands. Shape into a ball, wrap in cling film and chill in the fridge for around 30 minutes.

2 Heat the oven to 200°C (180°C in a fan oven), 400°F, gas 6 and grease a rectangular tart dish with butter.

3 Fry the garlic in hot oil and stir in the courgette. Fry for 2–3 minutes until all the liquid has evaporated. Remove from the heat and leave to cool slightly.

4 Roll out the pastry on a floured work surface slightly larger than the dish. Place the pastry in the dish creating an edge all the way round. Spread the courgette-garlic mixture evenly over the top.

5 Mix together the ricotta, cream, eggs, mint and cheese and season with salt, ground black pepper and nutmeg. Pour over the tart and bake for around 40 minutes until golden.

6 Remove from the oven, add dollops of onion chutney and garnish with turnip leaves.

Storage tips

You can prepare the pastry a few days in advance; it will keep in the fridge for up to a week. Allow to come to room temperature for around 15 minutes before you need it; this will make it easier to roll out.

Recipe variation

Mango chutney can also be used in place of onion chutney.

Nutrition facts per serving

Calories: 933 kcal | 3903 kj