

# 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	Calcium:	468 mg
Protein:	29,3 mg	Magnesium:	65 mg
Carbohydrates:	58 g	Iron:	3,2 mg
Fat:	65 g	Vitamin A:	0,63 mg
Bread units:	4	Vitamin E aktiv:	3,8 mg
Cholesterol:	363 mg	Vitamin C:	36 mg
Dietary fiber:	6 g	Folate:	68 µg

## Keywords

Appetiser, Appetizer, Balsamic Onion, Beetroot Leaf, Budget, Cheap, Chutney, Courgette, Courgettes, Cucumber Family, Cucurbit Family, Cucurbitaceae, Cuisine, Dish, First Course, Food, Food And Drink, High Calorie, High-Calorie, Inexpensive, Leaf, Low Cost, No One, No-One, Nobody, Onion, Onion Family Vegetable, Onion Family Vegetables, Pumpkin Family, Quiche, Rectangle, Rectangular, Red Beet Leaf, Salad, Salad Accompaniment, Salad Dish, Savoury, Season, Side Salad, Squash Family, Starter, Summer, Summertime, Veg, Vegetable, Vegetables, Vegetarian, Veggies, Vegies, Zucchini, Zucchini

## Database compatibility

Recipe data available on request as .xml or .json export