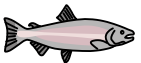




Salmon and broccoli quiche



Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



Salmon



is a great



fish



to cook



in



a quiche.



The salmon



is easy



to cook.



The crust is



nutty,



crunchy



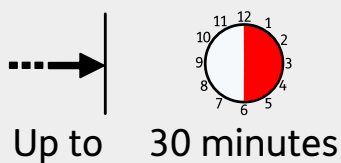
and delicious.



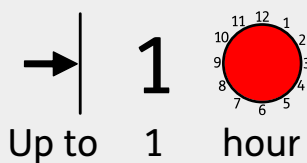
Meal information



Preparation time




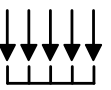



Cooking time




Serves





 Nutrition in each serving:


 Calories
(kcal)

363


 Protein
(g)

26


 Carbohydrate
(g)

27


 Fat
(g)

16


 Fibre
(g)

6



Ingredient List



80g light vegetable spread, plus extra for greasing



200g wholemeal flour plus extra for dusting



150g broccoli, cut into 2.5cm florets



150g asparagus, cut into 5cm lengths



6 large free-range eggs



100ml full-fat milk



1 tbsp finely chopped fresh dill



1 tbsp finely chopped fresh basil



250g hot smoked salmon



100g frozen peas, defrosted



3 spring onions, trimmed and finely sliced



sea salt and freshly ground black pepper



Equipment List



24cm diameter,
3cm deep
quiche dish



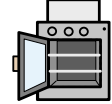
food processor



cling film



fridge



oven



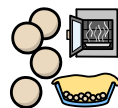
rolling pin



fork



baking paper



baking beans



pan and
steamer



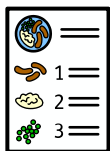
drainer



mixing bowl



knife



Method



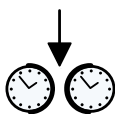
Grease the quiche dish with vegetable spread.



Make the pastry by blending the flour, salt and spread.



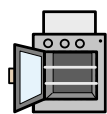
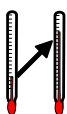
The dough should look like breadcrumbs.



Briefly blend the pastry dough with 80ml of cold water.

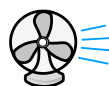


Wrap the dough with cling film and put in the fridge for 15 minutes.

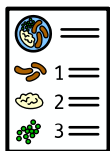


200°C

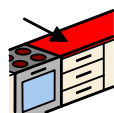
180°C



Preheat the oven to 200C / 180C fan / Gas 6.



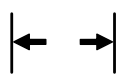
Method



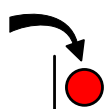
Dust the work surface with flour.



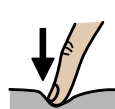
Roll the pastry to the thickness of a £1 coin.



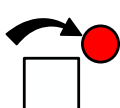
Roll the pastry 6cm larger than the dish.



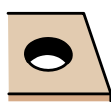
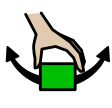
and



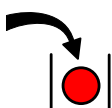
Lay the pastry in the dish and press into the edge of the dish.



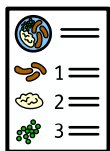
The pastry should hang over the edge of the dish.



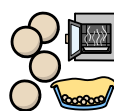
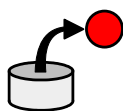
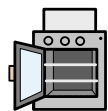
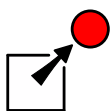
Use a fork to make holes in the pastry and line with baking paper.



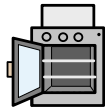
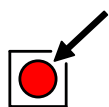
Add baking beans and bake for 15 minutes.



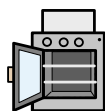
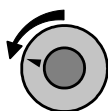
Method



Remove from the oven and take out the baking beans.

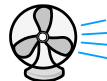


Return to the oven for 10 minutes.



180°C

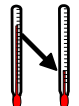
160°C



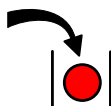
Turn down oven to 180C / 160C fan / Gas 4.



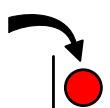
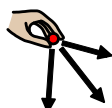
Steam the broccoli and asparagus for 5 minutes.



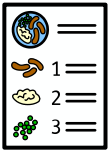
Drain and cool the broccoli and asparagus.



Beat the eggs, milk and herbs in a bowl and season.



Scatter the broccoli in the dish.



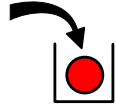
Method



Flake



the salmon



into



the dish.



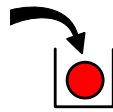
Scatter

the



peas

and spring onion



into



the dish.



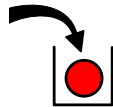
Pour



the egg



mixture



into



the dish.



Bake for



30 minutes.



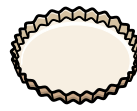
Trim the pastry



around



the edge of



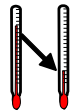
the quiche dish.



Allow



quiche



to cool.



Remove



quiche from



the dish



and cut into

6



pieces.