

# Leek and Cauliflower Crustless Quiche

## with Spinach and Pear

hellóchef

A fun and easy veggie-packed dinner treat!

Cals 585 • Prot 39 • Carbs 33 • Fat 35

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🕒 cook: 35 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Veg	2 ppl	3 ppl	4 ppl	
Cauliflower	300	400	600	Grams
Leeks	0.5	1	1	Pieces
Yellow pepper	1	1	2	Pieces
Cherry tomatoes	150	250	300	Grams
Olive oil	2	3	4	Tbsp
Black olive slices	40	60	80	Grams
Base				
Organic Eggs 5*	4	6	8	Pieces
Grated cheddar 4*	60	90	120	Grams
Grated orange cheddar 4*	60	90	120	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Chilli flakes	2	2	2	Grams
Dried thyme	2	2	2	Grams
To serve				
Baby spinach	60	90	125	Grams
Pear	1	2	2	Pieces
Olive oil	1	2	2	Tbsp

Allergens

\*5 Eggs, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2444 / 585
Fat (g)	35.4
of which saturates (g)	23.9
Carbohydrate (g)	33
of which sugars (g)	9.3
Fiber (g)	8.4
Protein (g)	39.1
Salt (g)	2.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Rinse and grate the **cauliflower**. Wash, trim and finely slice the **leeks** (make sure to remove any grit between the leaves). De-seed and finely slice the **pepper**. Halve the **cherry tomatoes**.



2 Sauté

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** and fry for 4-5 min or until most of the moisture has evaporated. Transfer to a lined pie or roasting dish. Reserve the pan.



3 Add

Return the pan to a medium heat with another drizzle of **oil**. Add the **leeks** and **peppers** and fry for 3-4 min until slightly softened. Add to the pie or roasting dish.



4 Mix

In a bowl, combine the **eggs, grated cheddar, salt, pepper, chilli flakes (spicy!)** and **thyme**.



5 Bake

Pour the egg mixture into the dish, over the **cauliflower, leeks** and **peppers**. Top with the **cherry tomatoes** and **black olive slices**. Bake in the oven for 20-25 min or until set.



6 Make salad

Rinse and pat the **spinach** leaves dry. Slice the **pear**. Combine the **spinach** and **pear** in a salad bowl. Drizzle with **olive oil** and serve with the **crustless quiche**.