

# Mushroom, Spinach and Feta Crustless Quiche

## with Green Beans

**hellóchef**

Low on carbs, big on flavour!

Cals 631 • Prot 50 • Carbs 33 • Fat 35

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 50 min

R2731



Before you start

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

Ingredients

For quiche	2 ppl	3 ppl	4 ppl	
Chestnut mushrooms	250	500	500	Grams
Shallots	1	2	2	Pieces
Garlic cloves	3	5	6	Pieces
Spinach	200	400	400	Grams
Parmesan 4*	30	45	60	Grams
Feta cheese 4*	100	150	200	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Organic Eggs 5*	4	6	8	Pieces
Whole milk 4*	200	200	200	ML
Black pepper	0.5	0.5	0.5	Tsp
Grated mozzarella 4*	60	90	120	Grams
To serve				
Green beans	250	375	500	Grams

Allergens

\*4 Milk, \*5 Eggs

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)	2639 / 631
Fat (g)	34.8
of which saturates (g)	18.4
Carbohydrate (g)	33
of which sugars (g)	14.7
Fiber (g)	7.5
Protein (g)	49.7
Salt (g)	6.4

\*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 vegetables

Preheat the oven to 200°C/180°C fan. Clean the **mushrooms** and quarter them. Peel and chop the **shallots** and **garlic**. Rinse and chop the **spinach**. Grate the **Parmesan**. Crumble the **feta**.



2 Fry vegetables

Heat a pan over a high heat with a drizzle of **olive oil**. Once hot, add the **mushrooms** and fry them for 5–6 min until browned and starting to crisp. Reduce the heat to medium and add the **shallots, garlic** and **spinach** with a pinch of **salt**. Fry for 3 min further until the **spinach** is wilted and moisture has evaporated.



3 Combine

Coat a pie dish with a drizzle of **olive oil**. Pour the fried vegetables into the pie dish. In a bowl, combine the **eggs**, measured **milk, Parmesan** and **black pepper**. Whisk. Pour the mixture over the vegetables. Add the crumbled **feta** and the **grated mozzarella cheese**.



4 Bake

Bake the crustless quiche in the oven for 30 min or until set and golden brown on the top (the baking time may vary according to the size of your pie dish). If the top starts to brown too quickly, cover lightly with a piece of foil.



5 Boil green beans

Meanwhile, wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3–4 min or until tender. Drain once cooked.



6 Serve

Allow the quiche to rest for 5 min once removed from the oven. Serve with the **green beans** to the side.