



Vegetable quiche with coconut cheese



Ingredients

- Puff pastry (from freezer)
- 250 grams of bacon strips
- 2 cloves of garlic
- 1 red onion
- 1 red bell paprika
- 1 zucchini
- 3 eggs
- 125 ml crème fraîche
- 250 gr grated Henri Willig coconut cheese
- pepper and possibly some provincial herbs

Bereidingswijze

Equipment:

Knife, baking pan, garlic press, cheese grater, mixing bowl, baking pan for quiche, oven

Preparation:

Preheat the oven to 180 degrees, grease the baking pan.

Cut the bell pepper, zucchini, red onion into small pieces. Press the garlic.

Grate 250 grams of Henri Willig coconut cheese.

Fry the bacon until crispy. Then add the vegetables and garlic.

Mix the 3 eggs, crème fraîche and 1/3 of the cheese together and add some pepper and possibly some herbs.

Let the puff pastry defrost for a while.

Preparing:

Line a baking pan with puff pastry.

Add the mixture of vegetables and bacon.

Pour in the egg mixture.

Cover with the rest of the cheese.

Put the baking pan in the preheated oven for 45 minutes. And serve immediately or let it cool, because even cold this quiche is delicious.

If you want to make a vegetarian version, you can of course omit the bacon.

Enjoy your meal!