



SWISS CHARD QUICHE (GLUTEN & DAIRY FREE)

This week on the blog we have another winner recipe from Naturopath & Nutritionist Casey-Lee Lyons of Live Love Nourish.

'A wholesome and nutritious swiss chard filling on top of a grain free almond crust. Made with wholefoods, this recipe is free from gluten, grains, dairy, soy, preservatives and sugar. Enjoy!' - Casey-Lee

Prep: 15 mins **Cooking time:** 40 mins

Serves: 4-6

Ingredients:

Crust:

1.5 cups (180g) almond meal

1/4 cup (30g) tapioca flour

1 extra large free range egg, lightly beaten

1 tablespoon extra virgin olive oil

1 tablespoon water

1/4 tsp ground nutmeg

Pinch Himalyan salt

Filling:

1 tablespoon extra virgin olive oil

1 leek (or small brown onion)

2-3 garlic cloves, minced

1 bunch swiss chard*, finely shredded

6 extra large free range eggs

1 tablespoon lemon juice

1 teaspoon (2g) ground turmeric

1/4 teaspoon ground nutmeg

Himalayan salt + pepper

1/4 cup (35g) organic pine nuts

Method:

Pre-heat fan forced oven to 180°C.

In a mixing bowl combine crust ingredients and shape to form a ball of dough. Slightly flatten and place between two pieces of greaseproof paper. Use a rolling pin to roll dough out to 1/2 cm thick. Remove top layer of paper. Carefully place crust (paper side up) on top of greased or lined pie dish. Mould dough into dish. Use a fork to prick holes in base (this stops the crust from puffing up) and bake in oven for 10-12 minutes or until lightly golden. Set aside.

In a deep frying pan sauté leek and garlic in olive oil for 1- 2 minutes. Add swiss chard and wilt down over medium heat for 3-5 minutes.

In a mixing bowl whisk eggs with lemon juice, turmeric, nutmeg, salt and pepper.

Spoon swiss chard mix on top of crust and pour over with your egg mix.

Sprinkle with pine nuts and bake in oven for 30 – 35 minutes or until your egg is cooked through.

Recipe tips:

- *Swiss chard is a dark green leafy vegetable similar to silverbeet and has pink or yellow stems. (You can also use silverbeet for this recipe).
- The stems of chard take a little longer to cook (I use only a few) and recommend adding these in first for 1 – 2 minutes then follow with the leaves.

Gluten Free | Dairy Free | Grain Free | Sugar Free | Vegetarian

Serve this Quiche alongside our super delicious French Puy Lentil & Roasted Pumpkin Salad