

Crustless broccoli carrot Quiche



Shopping list

Ingredients	Amount
Tofu	200 g
small head broccoli	x1
small carrots	x4
Medium Onion	x1
Soy Flour	2 TBSp
Nutritional Yeast Flakes	2 TBSp
terragon	2-3 TBSp
Vegetable Stock Cube	x1
garlic	1 tsp
Soy sauce	1/2 TBSp
Lemon Juice	1 TBSp
Salt	3/4 tsp
agar agar or physillium husk*	1 tsp
kala namak (optional)	1/8 tsp
kurkuma (optional)	1/2 tsp
Salt & Pepper to taste	

* if you don't have either of these you can also use 1/2-1 TBSp tapioca or other starch

Ingredients	stocked	amount needed
Tofu	<input type="checkbox"/>	
small head broccoli	<input type="checkbox"/>	
small carrots	<input type="checkbox"/>	
Medium Onion	<input type="checkbox"/>	
Soy Flour	<input type="checkbox"/>	
Nutritional Yeast Flakes	<input type="checkbox"/>	
tarkony	<input type="checkbox"/>	
Vegetable Stock Cube	<input type="checkbox"/>	
garlic	<input type="checkbox"/>	
Soy sauce	<input type="checkbox"/>	
Salt	<input type="checkbox"/>	
agar agar	<input type="checkbox"/>	
kala namak	<input type="checkbox"/>	
kurkuma	<input type="checkbox"/>	
physillium husk	<input type="checkbox"/>	

Method

Prep time: 20 min Baking: 30min

- Prepare veggies** : Wash Carrots and broccoli and peel the onion. Cut Carrot into thin rounds and half the onion to slice it into big stripes. Cut broccoli into small rossets. Fill them into a medium pot and fill it up with water until veggies are covered, add the vegetable stock cube and cook the veggies on medium heat until they are tender. Then drain the veggies. Set aside.
- Preheat oven to 180 degrees.
- For the mixture**: Drain tofu, cut it into small pieces, add it to a food processor with nutritional yeast or use a handheld blender to mix the tofu until it has a smooth creamy consistency. If the tofu is too dry to mix you can add a couple of Tablespoons plant milk or water. Then fill the mixture into a big bowl add in the remaining ingredients and use a spoon to mix it together. Add Salt&Pepper to taste.
- Then fold the veggies under the mixture.
- Baking**: align a spring form (26cm) with baking paper and fill in the mixture. Put the quiche into the preheated oven for 30 minutes. Check in after 20min. if the quiche gets too brown put some aluminum foil over it.
- Take it out and let it cool for 15 min before attempting to take it out of the spring form.
- Enjoy!