

# Salmon and Leek Quiche

Cuisine: French

Food category: Vegan dishes



Author: Chloé Lasseron

Company: Retigo

## Program steps

1 Combination

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Termination by time

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## Ingredients - number of portions - 6

Name	Value	Unit
puff pastry	1	pcs
full-fat mustard	50	g
leek	50	g
salmon	300	g
chicken eggs	3	pcs
whipped cream 33%	200	ml
gruyére	60	g
Emmental	60	g

## Directions

Line the tart tin with the pastry. Prick the bottom of the tart shell. Brush with whole-grain mustard. Finely slice the leeks and sauté them in a knob of butter over low heat until tender. Season with salt and pepper, then let cool. Cut the salmon into even 1.5cm cubes and mix with the cooled leeks. In a bowl, whisk the eggs with the crème fraîche. Add half of the grated cheese and mix. Line the tart shell with the salmon and leek mixture. Pour the egg and cream mixture over the top. Sprinkle with the remaining grated cheese and bake in the oven.

## Nutrition and allergens

Allergens: 1, 10, 3, 4, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	149.9 kJ
Carbohydrate	0.6 g
Fat	9.8 g
Protein	14.3 g
Water	0.5 g