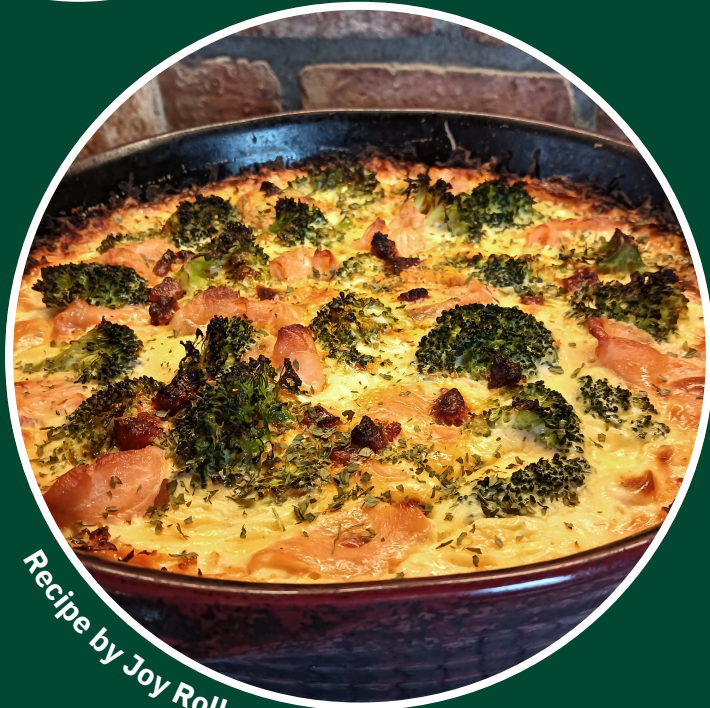


Auntie Joy's

Broccoli Quiche on Carrot Base (gf)



Ingredients

- 2-3 large carrots
- 1 small head of broccoli
- 160g grated cheddar
- 5 Eggs
- 150ml milk
- 200ml Crème Fraiche
- 1 inch spicy Chorizo ring
- 150g smoked salmon
- 1 tsp olive oil
- Garlic pepper

Recipe by Joy Rollston

Method

1. Peel carrots, grate and press through a cloth to drain the carrots.
2. In a rimmed sided quiche dish place grated carrot, add the grated cheese mix together then add 2 Eggs.
3. Add olive oil.
4. Mix everything together and press the mixture into the Quiche dish, remembering to press some mixture up around to sides.
5. In a preheated oven set at 180 degrees Celsius bake the base for approx 20 minutes until egg is cooked.
6. Wash and divide the broccoli into small florets and pre-boil/ steam for 3 minutes.
7. Dice the Chorizo into small cubes, fry for approx 3 minutes until the natural colour and oils start to colour the pan. Set aside.
8. In a bowl whisk 3 eggs with Crème Fraiche, milk and a little garlic pepper to season.
9. When base is cooked through place the broccoli florets on the top. Pull smoked salmon apart and place randomly around the broccoli. Sprinkle the cooked Chorizo over the broccoli and salmon.
10. Pour the egg and cream mixture the top.
11. Bake in the oven for another 20-25 minutes.

**Protect the planet and support local producers.
Eat fresh, Eat in season, Eat local.**