



# LEEK & PRAWN QUICHE

WITH SALAD

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 65 minutes

A slightly fresher, lighter meal to break up all that winter comfort food! This leek and prawn quiche is a nice variation on traditional quiches, and pairs perfectly with a green salad.



## QUICHE

- 2 sheets frozen savoury shortcrust pastry (300g / 10.6oz)
- 1 1/2 tsp olive oil, divided
- 1 leek
- 6 eggs, divided
- 125g lite sour cream (4.4oz)
- 2 tsp Dijon mustard
- 1 tsp chicken stock powder
- 1/2 tsp dried dill
- 3/4 cup grated cheddar cheese (75g)

- 300g raw prawn cutlets, tails removed (10.6oz)

## SALAD

- 100g sugar snap peas (3.5oz)
- 1 Lebanese cucumber
- 1 avocado
- 100g mesclun lettuce (3.5oz)
- 1 1/2 Tbsp olive oil
- 1 1/2 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp brown sugar

## 1. MAKE QUICHE

Preheat oven to 190°C (375°F) fan bake. Get pastry out of the freezer to defrost. Grease a 23cm (9 inch) round quiche or tart tin with 1/2 teaspoon olive oil.

2. Trim the ends off the leek and wash leek well. Finely slice, place in a microwave-safe dish and cook for 5 minutes, until soft. Season with salt and pepper.

3. Line prepared tin with pastry sheets. You might need to cut the sheets and press together to line the tin fully. Place baking paper on top of pastry and fill with baking beans or rice (for an easy option, just place the base of a springform cake tin on top instead). Bake for 10 minutes, until golden around the edges.

4. Meanwhile, whisk together five of the eggs, sour cream, mustard, stock powder and dill. Add a little salt and pepper and stir in the cheese.

5. Whisk remaining egg with a fork in a small bowl. Remove pastry case from oven and immediately brush egg over the top. Stir any remaining egg in with the other eggs. Place leeks in pastry case and pour over the egg mixture. Arrange prawns on top (press in a little) and drizzle with remaining teaspoon olive oil. Bake for 35 minutes, or until set.

## 6. PREPARE SALAD

While quiche cooks, microwave sugar snaps for 1 minute. Slice cucumber and avocado. Divide lettuce, sugar snaps, cucumber and avocado between serving plates. Whisk together oil, vinegar, mustard, sugar and a little salt and pepper. Drizzle over salad.

## 7. SERVE

Remove quiche from oven. Leave to cool for a couple of minutes. Slice into wedges and serve with salad.



**WINE MATCH:** An unoaked Chardonnay.

## **LEEK AND PRAWN QUICHE RECIPE NOTES**

**GLUTEN-FREE OPTION:** Use gluten-free pastry or leave out the pastry and make a crustless quiche (serve with boiled new potatoes to bulk the meal up, if you like). Use gluten-free stock powder.

**INGREDIENT SWAPS / NOTES:** To make this a pescatarian-friendly meal, replace chicken stock powder with vegetable stock powder. If you don't like prawns, try diced chorizo or salami instead (replace the dried dill with dried oregano or basil).

**STORING AND REHEATING:** Store quiche, salad and dressing separately (dressing can be kept at room temperature for a few days). Quiche can be reheated in the oven (for a crispier crust) or microwave (for an easy lunch). Dress salad just before serving.