



Beetroot and goat's cheese quiche

Prep: 20 minutes • Cook: 25 minutes • Serves: 6



Ingredients

1 batch savoury pastry

300g plain flour
5g black onion seeds
10g parmesan, finely grated
1 pinch of paprika
125g cold unsalted butter, cubed
1 large egg

For the filling

150g cooked (boiled) beetroot, cubed
150g soft goat's cheese, crumbled
225ml double cream
3 eggs
50g cheddar, grated
pinch of ground black pepper

Side salad to serve

80g rocket
4 medium tomatoes, chopped
½ a cucumber, chopped
Juice of 1 lemon or lime

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) X
Carbohydrate **45g**
Low protein ✓
Low salt ✓
Cost per portion **£1.83**
Energy in kcals **700**

- 1 To make the pastry** – put the flour, onion seeds, parmesan and paprika in a bowl and combine. Add in the butter and rub in with your fingers until it resembles fine breadcrumbs.
- 2** Add the egg, mixing with a knife until it all starts to come together. Then use your hands to bring the mixture together into a ball of dough. Tip out on a floured surface and knead a little to smooth the dough. Wrap in cling film and set aside until ready to use.
- 3 To make the quiche** - butter and flour a 23cm (9 inch) diameter flan ring. On a floured surface, roll the pastry out until large enough to line the flan ring. Gently lower the pastry into the tin and press it into the corners. Prick the bottom of the pastry with a fork.
- 4** Preheat oven to 180°C / 160°C fan/ gas mark 4. Put the cubed beetroot and the crumbled goat's cheese into the flan base. Whisk the eggs and double cream together in a jug, add in the pepper. Pour the mixture over the beetroot and goat's cheese.
- 5** Sprinkle grated cheddar over the top of the quiche then bake in the oven for 25 minutes until nicely golden and the egg mixture has set. Leave to cool in the tin. Once cooled, turn out and serve.
- 6** Prepare the salad by combining the rocket, tomatoes and cucumber and then dress with the lemon or lime juice. Serve into six portions.