



Making your own vegetable quiche with cheese and bacon



Ingredients

- Puff pastry (from freezer)
- 250 grams of bacon strips
- 2 garlic cloves
- 1 red onion
- 1 red pepper
- 1 courgette
- 3 eggs
- 125 millilitre crème fraîche
- 250 gram grated Henri Willig coconut cheese
- pepper and possibly some provincial herbs

Preparation

Quiche extra delicious with lots of vegetables and our special coconut cheese. And very healthy thanks to the many vegetables!

Requirements:

Knife, baking pan, garlic press, cheese grater, mixing bowl, baking tin for quiche, oven

Preparation:

Preheat the oven to 180 degrees, grease the baking tin.

Cut the pepper, courgette, red onion into small pieces. Squeeze the garlic.

Grate the Henri Willig coconut cheese.

Fry the bacon nice and crispy. Then add the vegetables and garlic.

Mix the eggs, crème fraîche and 1/3 of the cheese together and add some pepper and possibly some herbs.

Leave the puff pastry to thaw for a while.

Preparation:

Line the baking tin with puff pastry.

Add the vegetable and bacon mixture.

Pour in the egg mixture

Cover with the rest of the cheese.

Place the baking tin in the preheated oven for 45 minutes. And serve immediately or let it cool, as this quiche is also nutritious and delicious when cold.

If you want to make a vegetarian version, you can of course omit the bacon.

Enjoy this healthy dish!