

Salmon Leek Quiche

Cuisine: **French**
Food category: **Vegan dishes**



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Company: **Retigo**



Program steps

1

 Combination

 30 %

 Termination by time

 00:45 hh:mm

 200 °C

 100 %



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
gruyère	60	g
Emmental	60	g

Nutrition and allergens

Allergens: 1, 10, 3, 4, 7, Milk
Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Phosphorus, Se, Zn
Vitamins: A, B, B12, B2, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	189.7 kJ
Carbohydrate	0.6 g
Fat	12.9 g
Protein	16.8 g
Water	4.1 g

Directions

Line the tart pan with the pastry, poke the bottom of the tart.

Brush with Dijon mustard using a brush.

Finely slice the leeks, sauté them in a knob of butter over low heat until tender.

Season with salt and pepper, then let cool.

Cut the salmon into regular 1.5cm cubes, mix with the cooled leeks.

In a bowl, whisk the eggs with the crème fraîche.

Add half of the grated cheese and mix.

Fill the tart base with the salmon-leek mixture.

Pour the egg-crème mixture on top.

Sprinkle the remaining grated cheese and bake in the oven.