



Colorful vegetable-quiche

amount	ingredients
180 g	flour
100 g	cold butter
1 piece	Bio egg
1 TL	salt (i use herbsalt)
	For the filling
2 pieces	Middle eggs
150 g	Mozzarella
150 g	Parmesan
180 g	creamcheese
1 piece	big zucchini
3 pieces	carotts
2 pieces	paprika red & yellow
a fiew	leafs red cabbage (blanched)
200 g	Prosciutto
	Baking spray
	Tarte-form
	Salt , black and red pepper
	Nutmeg grounded
	Caraway seed grounded
	Herbs to spice up

Preparation:

1. For the shortcrust pastry, quickly process the flour, butter, salt and egg into a smooth dough. Wrap dough in plastic wrap and refrigerate for approx. 30 minutes. Grease the tart tin with baking release spray and roll out the dough slightly larger than the shape used. Just use some flour so that the shortcrust do not stick to the surface. Put the rolled-up dough into the mold and press it, cutting away the remaining dough. Sprinkle with fork a few times and put in the fridge for about 30 minutes.
2. For the filling, cut the eggs, grated Parmesan cheese, mozzarella into small pieces and stir together with the spices. Preheat the oven to 180 ° C.
3. Put the cheese filling in the tart tin and smooth.
4. Clean vegetables and cut into thin slices with a slicer (zucchini) and peeler (carrots). Halve the chopped pepper lengthways, remove seeds and cut into thin strips. Make sure the strips are about the same height.



Adapt cabbage strips.

I've overlapped my prosciutto leaves lengthwise.

5. Roll the vegetable slices alternately tight.

For example, e.g. start with a cabbage strip, roll up tightly and then with an e. Wrap zucchini strips, then with prosciutto - just roll up the strips alternately to create a nice color pattern.

If you can not roll it up, simply place it in the middle of the tart mold with the cheese cream and continue to layer your fingers outward. The

Spread the prepared colorful spiral with olive oil and season with salt, pepper and Italian herbs.

Approximately Bake for 55 minutes - depending on the oven.

Should it be too dark necessarily cover with aluminum foil and continue baking.

Finished is the quiche.

Fast, easy and wonderfully delicious.

Who has tasted it, write me - I would be happy.



Lucina's tips:



Spray the tart mold with baking spray and do not forget to check if the color is right. If it gets too dark, be sure to cover it with aluminum foil - otherwise the quiche will burn.



I wish great success and

good appetite !!

Your Lucina Cucina