



Zucchini and carrot quiche

Colorful vegetable quiche with zucchinis and carrots. Deliciously baked with Byodo Baking Oil Classic. Served with a fresh salad with herb dressing.

Zutaten

1 Portionen

Ingredients shortcrust pastry base

250 g Spelt flour (type 630)

80 ml Byodo Baking Oil Classic

100 ml Water, lukewarm

0.25 TL Byodo sea salt

Baking oil classic

Quiche filling ingredients

750 g Zucchinis & colorful carrots

1 small red onion

1 small white onion

3 Eggs

200 g Sour cream

100 g grated spicy cheese (e.g. Gruyère, Cheddar or medium-aged Gouda)

Byodo premium sea salt, fine-grained

Pepper

optionally some fresh parsley to garnish

Zubereitung

Preparation of shortcrust pastry

For the shortcrust pastry, roughly mix all the ingredients in a bowl with a spoon. Then knead with your hands on a clean work surface for approx. 1 minute until you have a smooth dough. Cover the dough and place in the fridge for approx. 30 minutes. Grease the quiche tin with Byodo baking spray oil. Preheat the oven to 185 °C top/bottom heat.

Roll out the dough with a rolling pin to about 3 cm larger than the baking tin. Carefully place in the mold and press down firmly. Prick the base several times with a fork. To blind bake, line the dough with baking paper and weigh it down with blind baking balls or baking peas. Pre-bake the quiche base for about 12 minutes on the lowest shelf. Then remove the baking paper and the blind baking balls.

Preparation of filling

For the topping, wash the zucchinis and carrots, cut off the ends and slice lengthwise into long, thin strips using a peeler. Dice the onions and sauté in a pan with a little frying oil. Whisk the eggs and add the sautéed onion cubes and sour cream. Keep about 2 tablespoons of cheese separate and stir the rest into the mixture. Season generously with Byodo sea salt and pepper. Then pour the cream into the pre-baked quiche base.

Place the sliced zucchini and carrot strips close together on the pre-baked pastry, starting from the outside. Continue in this way until you reach the center, pressing the vegetable strips close together once in a while. Finally, sprinkle with the remaining cheese. Bake the colorful vegetable quiche in the oven for approx. 30 to 35 minutes. Garnish with fresh parsley.

Serve the zucchini and carrot quiche warm with a tasty side salad and [Byodo mustard dressing](#).