



VEGETABLE AND FETA CHEESE FRITTATA



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Quick and easy preparation
- Problem-free reheating possible



15



medium

Tips

Aubergines can be used instead of courgettes.

INGREDIENTS FOR 1 TART MOULD 28 CM Ø

125 g QimiQ Cream Base

1 Courgette(s), sliced

2 tbsp Olive oil

120 g Leaf spinach

0.5 Red onion(s), finely sliced

0.5 Red pepper(s), finely shredded

1 Garlic clove(s), finely chopped

Salt and pepper

1 pinch(es) Ground nutmeg, ground

6 Egg(s)

150 g Potatoes, peeled, sliced

50 g Feta cheese

METHOD

1. Preheat a baking oven to 170 °C (air circulation).
2. Sauté the courgette slices in hot olive oil on both sides. Remove from the pan and allow to drain on a piece of kitchen roll.
3. Sauté the leaf spinach, red onions, red peppers and spices in hot olive oil.
4. Whisk the QimiQ Cream Base and the eggs together until smooth. Season to taste with salt and pepper.
5. Layer the potatoes, courgettes, feta cheese and spinach mixture alternately in a quiche tin. Finally pour on the QimiQ Cream Base mixture.
6. Bake in the preheated oven for approx. 25 minutes.