



# VEGETABLE AND FETA CHEESE FRITTATA



## QimiQ BENEFITS

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



15



medium

## Tips

Eggplants can be used instead of courgettes.

## INGREDIENTS FOR 1 TART MOLD 28 CM Ø

<b>125 g</b>	QimiQ Sauce Base
<b>1</b>	Zucchini, sliced
<b>2 tbsp</b>	Olive oil
<b>120 g</b>	Leaf spinach
<b>0.5</b>	Red onion(s), finely sliced
<b>0.5</b>	Red bell pepper(s), finely shredded
<b>1</b>	Garlic clove(s), finely chopped
	Salt and pepper
<b>1 pinch(es)</b>	Nutmeg, ground
<b>6</b>	Egg(s)
<b>150 g</b>	Potatoes, peeled, sliced
<b>50 g</b>	Feta cheese

## METHOD

1. Preheat a baking oven to 338 °F (air circulation).
2. Sauté the zucchini 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 bell peppers and spices in hot olive oil.
4. Whisk the QimiQ Sauce Base and the eggs together until smooth. Season to taste with salt and pepper.
5. Layer the potatoes, zucchinis, feta cheese and spinach mixture alternately in a quiche tin. Finally pour on the QimiQ Sauce Base mixture.
6. Bake in the preheated oven for approx. 25 minutes.