



VEGAN QUICHE

Prep. time 10 minutes / Cooking time 60 minutes / Preheat oven to 180°C / Serves 4-6

Filling and delicious, this warming quiche will become a firm family favourite.

Ingredients

3 tbsp. olive oil
1 leek
1 small onion
3 cloves of garlic
200g vegan ham
700g silk tofu
1 tbsp. turmeric
Salt & pepper to taste
75g Bute Island Greek Style Sheese
Dried coriander
Spring onion



Cooking Method

Pre-heat the oven to 180C degrees.

Prepare the vegetables by thinly slicing the leek, onion and garlic cloves

Bring a large frying pan to medium heat, add the olive oil and lightly fry the onion, garlic and leek for a few minutes until golden.

Add in small cubes of the vegan ham and fry until crispy.

Prepare the tofu by squeezing gently to remove any excess liquid, then break the tofu into small chunks and thrown it in the pan along with the other ingredients.

Stir the tofu so it combines with all of the ingredients in the pan, sprinkle the turmeric along with salt and pepper and stir (the turmeric will turn the tofu yellow).

Cook for approximately 10 minutes on low heat to allow the flavours to combine together.

Grease a tart tin with an oil of choice (*I used a 23cm tin*) and pour the mixture into it and sprinkle pieces of the Bute Island Greek Style Sheese along with some dried coriander and place in the oven and bake for 40 minutes.

Slice and serve.