

Little Oak Sanctuary

EGG FREE QUICHE RECIPE

INGREDIENTS

- Vegan short crust pastry
- 2 Tbs. olive oil, divided
- 1/2 finely chopped yellow onion
- 4 large cloves garlic, finely chopped
- 2 slices vegan bacon, chopped
(optional)
- 1 tsp vege stock
- 1/2 red capsicum
- 1 Tsp Tumeric
- 1 cups fresh broccoli florets
- 1 packet. firm silken tofu, drained
- 2 Tbs lemon juice
- 1 Tbs tahini
- 1 Tbs apple cider vinegar
- Vegan Cheese of your choice
(we recommend Vegusto)



INSTRUCTIONS

1. Prepare pie crust pastry in a lightly oiled 9" tart or pie pan.
2. Preheat the oven to 175 C.
3. Heat 2 tbs of the olive oil, adding the onions once hot. Cook, stirring occasionally, until the onions are lightly caramelized, about 6-8 minutes. Add the remaining olive oil, garlic, vegan bacon, vege stock and capsicum and broccoli and cook until the garlic smells fragrant, about 4-5 minutes more. Remove from heat and transfer the mixture to a bowl. Set aside.
4. In the bowl of a food processor, process the tofu, lemon juice, tahini, tumeric, vinegar, Fold in the broccoli-onion mixture, stirring until evenly mixed.
5. Grate some Vegan Cheese evenly into the bottom of the pie crust.
6. Pour the filling on top of the Vegan Cheese in the prepared pie crust and bake for 45-55 minutes, or until golden brown and set. Serve hot or cold!

