



CRUSTLESS QUICHE WITH QUINOA GOURMET



6 servings



20 min.



25 min.

INGREDIENTS

60g. TIPIAK Quinoa Gourmet

150g. skinless salmon filet

1 envelope powdered stock

250g. ricotta

100g. crème fraîche or sour cream

12 sundried tomatoes (sliced)

4 eggs

dill fronds for garnish

Salt and pepper

COOKING INSTRUCTIONS

1. Preheat the oven to 320°F (160°C) (Grease a quiche dish or pie plate. Prepare the Quinoa Gourmet according to the package instructions. Dissolve powdered stock into the cooking water of the quinoa. Add the salmon filet to the pot with the quinoa. Set a few slices of sundried tomatoes aside. In a bowl combine the crème fraîche, salt, ricotta and sundried tomato slices. Stir until combined. Add 4 eggs to the ricotta mixture. Once quinoa has finished cooking, remove salmon and set aside. Drain quinoa and add to ricotta/egg mixture. Flake the salmon with a fork and add to mixture. Pour mixture into baking dish/plate and top with reserved sliced sundried tomatoes. Bake for 25 minutes. Let cool slightly then garnish with dill fronds.