

<b>Recipe Name</b>	Vegetable Quiche
<b>Servings</b>	6
<b>Cook Time</b>	
<b>Calories</b>	Cedric Kelly

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### Ingredients

229 g Green Peas	229 grams
69 g Butter	69 grams
330 g Puffed Pastry	330 grams
250 ml Milk	250 grams
250 ml Cream	250 grams
20 g MAGGI® Vegetable Bouillon 10 gm for Vegetables 10 gm for Cream	20 grams
15 g Parsley Leaves	15 grams
50 g Roasted mushroom chopped	50 grams
65 g Roaster Onions (Chopped)	65 grams
4 Eggs	200 grams
141 g Roasted Green & Red bell pepper	141 grams
8 g Black Pepper	8 grams
2 g Salt	2 grams

### Directions

Step 1 Cooking	Preheat oven to 220°C.
Step 2 Cooking	Heat pan with butter to add roasted onions, roasted green bell pepper, green peas, roasted mushrooms, over medium heat for 10 mins.
Step 3 Cooking	Add Maggi vegetable stock, salt and black pepper to taste.
Step 4 Cooking	Combine eggs, milk and cream and mix together.
Step 5 Cooking	Add the vegetables inside puffed pastry in the bottom and bake in preheated oven for 20–25mins.
Step 6 Cooking	Take out of the oven and leave to cool slightly before transferring to a serving plate. Serve Warm.

### Nutrition Info Per Serving

Saturated Fats 14 gm
Sodium 320 mg

Added Sugar 0 Tbsp

Sugars 6 gm

Fiber 5 gm

Fats 34 gm

Protein 14 gm

Carbohydrates 39 gm

Energy 510 kcal