FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Gruyere and Courgette Crustless Quiche



Serves	Prep Time	Cooking	Total Time	Calories
8 people				**137 kcal**

Stuff that's in it:

• 10G Lurpack Lighter

• 7 Eggs

• 80G Shredded Gruyere Cheese

• 100Ml Half Fat Creme Fraiche

• Black Pepper

• 1 Onion (Chopped)

• 1 Courgette (Quartered)

• Cherry Tomatoes

What you do:

Pre Heat your oven to 175˚c

In a large pan, heat the butter and gently fry the courgette and onion until soft (around 7 mins) remove from heat.

Whisk the eggs, 2/3rd of the cheese and creme fraiche in a bowl with some black pepper until blended, add the onion and courgette, then mix through.

In a 23 inch flan dish or any dish with a large lip, add some parchment paper down to line it, allowing the

paper to come up over the sides (this will keep the mixture all in as it rises).

Pour the egg mix in, sprinkle with the remaining cheese and top with tomatoes.

Bake for 25-30 minutes, depending on your oven until Risen and golden

Nutrition

• Carbs: 2g

• Fat: 10g

• Protein: 9g

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