

QUICHE WITH CHICKEN & VEGETABLES

4 persons / 570 kcal per person

Ingredients:

- 1 onion
- 250 grams of chestnut mushrooms
- 300 grams of carrots
- 125 grams of lean turkey bacon strips
- 350 grams of chicken thigh fillet
- 1 teaspoon of smoked paprika powder
- 230 grams of peas
- 5 slices of frozen dough for savory pie
- 4 medium eggs
- 80 grams of Parrano flakes
- 15 grams of fresh parsley



Preparation:

Chop the onion and quarter the chestnut mushrooms. Remove the stalk from the root and cut into (oblique) slices of ~ 1/2 cm. Cut the chicken thigh fillet into strips and sprinkle with the paprika powder. Heat a large frying pan without oil or butter and brown the bacon strips for 3 minutes. Add the chicken along with the onion to the bacon and fry for 5 minutes. Toss regularly. Add the mushrooms and carrot to the chicken and fry for 5 minutes. Add the peas and fry for another 2 minutes. Preheat the oven to 200 ° C. Let the slices of savory pie dough thaw. Beat the eggs with the cheese and season with salt and pepper. Mix the egg mix through the chicken mixture. Grease the quiche tin and cover with the slices of savory pie dough. Pour the mixture into the quiche tin and bake the quiche in the middle of the oven for about 40 minutes until golden brown and done. Take out of the oven and let stand for 15 minutes. Finely chop the parsley and garnish the quiche with it.

Nutritional value per person:

Energy:	570 kcal
Protein:	43.3 grams
Carbohydrates:	41.6 grams
- including sugars:	7.6 grams
Fat:	23.3 grams
Fiber:	5.7 grams
Salt:	3.0 grams