

# MOVEMENT QUICHE WITH TURKEY SALAMI, POINTED PEPPER AND SPICES

4 persons / 407 kcal per portion

## Ingredients:

- 5 slices of frozen dough for savory pie
- 3 pointed peppers
- 6 salad onions
- 20 grams fresh flat parsley
- 20 grams fresh chives
- 120 grams turkey salami
- 4 medium eggs
- 50 ml semi-skimmed milk
- 100 grams grated "Parrano"



## Preparation:

Preheat the oven to 180 °C. Let the dough slices thaw on the counter. Place the dough slices on top of each other and roll out into a round slice. Cover the spring form with the dough. Cut the pointed peppers in half, remove the stem and seeds and cut the flesh into wafer-thin strips. Cut the salad onion into rings. Coarsely chop the parsley and the chives. Cut the salami into wafer-thin strips. Beat the eggs with the milk and pepper to taste. Mix the pointed pepper with the salad onion, parsley, chives, salami and cheese and scoop into the cake tin. Pour the egg mixture over it and bake in the oven for about 45 minutes until golden brown and done. Let the quiche stand for 10 minutes before you cut it.



max600kcal