

SAVORY-BROCCOLI-PIE

4 persons / 573 kcal per person

Ingredients:

- 5 slices of frozen dough for a savory pie
- ½ tablespoon of olive oil
- 2 shallots
- 2 cloves of garlic
- 500 grams of broccoli florets
- 4 eggs
- 125 grams of crème fraîche
- 2 teaspoon of curry powder
- 2 tablespoons breadcrumbs
- 75 grams of walnuts
- 75 grams of Parmigiano Reggiano flakes
- pepper and salt



Preparation:

Chop the shallots and finely chop the garlic. Heat the olive oil in a pan and fry the shallots and garlic there for 3 minutes. Then let it cool down. Boil the broccoli in boiling water for 5 minutes. Spoon the broccoli into a strainer and rinse with cold water. Then let it drain well. Preheat the oven to 180 °C and place an oven rack slightly below the center of the oven. Let the dough thaw and line a spring or quiche mold of about 24 centimeters in diameter with the dough and cut off the overhanging dough. Sprinkle the breadcrumbs over the bottom. Mix the broccoli with the fried shallot and garlic and spoon into the form. Mix the eggs with the crème fraîche and season this mixture with the curry powder, salt and pepper. Chop the walnuts into pieces. Pour this over the filling and sprinkle everything with the pieces of walnut and cheese. Bake the cake for 40-50 minutes.

Nutritional value per portion:

Energy:	573 kcal
Protein:	25.0 grams
Carbohydrates:	26.0 grams
- including sugars:	2.9 grams
Fat:	46.5 grams
Fiber:	5.9 grams
Salt:	1.7 grams