

ITALIAN QUICHE WITH TURKEY AND SALAD CAPRESE

4 persons / 494 kcal per person

Ingredients

- 5 slices of frozen puff pastry
- 4 medium eggs
- 1 large onion
- 250 grams of mozzarella
- 150 grams of lean turkey bacon
- 1 tablespoon of Italian herbs
- 600 grams of tomatoes
- 15 grams of fresh basil
- 1 tablespoon of olive oil
- pepper and salt

Preparation:

Preheat the oven to 180 °C. Line the quiche tin with the puff pastry and trim the edges. Prick some holes in the dough with a fork. Beat the eggs in a bowl. Chop the onion. Cut half of the mozzarella into 1 x 1 cm cubes. Add the onion, mozzarella cubes, turkey bacon and Italian herbs to the beaten eggs and mix. Season with fresh pepper and some salt. Divide the egg mixture over the quiche tin and bake the quiche in the oven for about 35 minutes. In the meantime slice the rest of the mozzarella and tomatoes. Coarsely chop the basil leaves. Place the tomato and mozzarella alternately on a platter or plate. Drizzle with the oil and sprinkle with the basil and pepper. Serve the caprese salad with the quiche.

Nutritional value per person:

Energy:	494 kcal
Protein:	30.1 grams
Carbohydrates:	33.1 grams
- including sugars:	7.2 grams
Fat:	26.0 grams
Fiber:	2.2 grams
Salt:	2.5 grams

