

QUICHE WITH CHICKEN & VEGETABLES

4 persons / 572 kcal per serving

Ingredients:

- 1 onion
- 250 grams chestnut mushrooms
- 300 grams carrots
- 150 grams lean bacon strips from turkey
- 350 grams chicken thigh fillet
- 1 teaspoon paprika powder
- 225 grams peas extra fine
- 5 slices frozen dough for a savory pie
- 4 medium sized eggs
- 80 grams Parrano Chips
- 15 grams fresh parsley



Preparation:

Scrape the carrots clean and remove the carrots stem attachment and cut into ½ cm slanted slices. Chop the onion and cut the chestnut mushrooms into wedges. Heat a large skillet without oil or butter and fry the bacon strips in 3 minutes. Meanwhile, cut the chicken thigh fillet into strips and sprinkle with the paprika. Add the chicken together with the onion to the bacon and fry for 5 minutes. Shovel regularly. Add the mushrooms, carrots and peas to the chicken and fry for 5 minutes. Season with salt and pepper. Preheat the oven to 200°C. Defrost the slices of savory pie dough. Beat the eggs with the cheese and mix into the chicken mixture. Season with salt and pepper. 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 center of the oven for about 40 minutes until golden brown and cooked through. Take out of the oven and let it stand for few minutes. Chop the parsley and garnish the quiche with it.

Nutritional value per portion:

Energy:	572 kcal
Protein:	88.6 grams
Carbohydrates:	67.3 grams
- including sugars:	18.0 grams
Fat:	67.3 grams
Fiber:	16.0 grams
Salt:	5.1 grams