

QUICHE WITH CHICKEN AND MUSHROOMS

4 persons / 503 kcal per person

Ingredients

- 5 slices of frozen puff pastry
- 250 grams of mushrooms
- 2 tablespoons of olive oil
- 400 grams of Italian stir-fry vegetable mushrooms
- 1 tablespoon of dried thyme
- 250 grams of chicken strips
- 4 free-range eggs
- 125 ml of cooking cream
- 70 grams of arugula
- 1 teaspoon of balsamic vinegar
- 100 grams of creams
- pepper and salt



Preparation:

Let the slices of puff pastry thaw. Preheat the oven to 180 °C. Line the pie or quiche tin with the puff pastry. Cut the mushrooms into slices. Heat 1 tablespoon of oil in a frying pan and fry the mushrooms, stir-fry vegetables, thyme and pepper over a high heat for 4 minutes. Mix in the chicken strips and bake for another 2 minutes. In the meantime, beat the eggs with the cooking cream, pepper and salt and mix with the vegetable-chicken mixture. Divide the mixture over the puff pastry and bake the quiche for about 45 minutes until golden brown and done in the middle of the oven. Cover with aluminum foil if the cake gets too dark. Remove from oven and let cool 10 minutes before serving. Meanwhile, mix 1 tablespoon of oil with the vinegar and pepper to make a dressing. Spoon the arugula with the dressing. Add the tomatoes to the salad.

Nutritional value per person:

Energy:	503 kcal
Protein:	30.2 grams
Carbohydrates:	28.7 grams
- including sugars:	8.0 grams
Fat:	28.8 grams
Fiber:	4.7 grams
Salt:	1.9 grams