

Salmon quiche with almond pastry

This recipe takes slightly more time and effort than our usual recipes on this program, so it is perfect for a weekend lunch or dinner, or to make ahead and take to a friend's place for a meal. The result is worth the extra effort!



- Serves : **8**
- Prep : **15 min**
- Cook : **50 min**

- Gluten free
- Contains nuts
- Fish

Ingredients	Method
<ul style="list-style-type: none"> • 300g almond meal • 8 eggs • 1 tablespoon olive oil • ½ cup milk • 1 zucchini, sliced thinly • 1 small red onion, sliced thinly • Handful baby spinach leaves • 1x 210g can of red salmon, drained and coarsely flaked • 1 tablespoon fresh dill, chopped • Salt and pepper 	<ol style="list-style-type: none"> 1. Preheat oven to 180°C. To make the almond pastry: in a mixing bowl combine the almond meal, two of the eggs, olive oil and a pinch of salt and pepper. Combine ingredients until the mixture comes together and forms a dough. 2. Place a 30cm tart tin onto a baking tray and set aside. Place the pastry dough between two sheets of baking paper and use a rolling pin to roll the pastry into a large circle. Once the dough is rolled out, lay it over the tart tin then carefully press the dough into the base and sides of the tin. If any holes form, you can use your fingers to mold the dough back together. 3. Place the tart tin into the oven and bake the pastry for 15-20 minutes until lightly golden brown. Keep the tart tin on the baking tray to make it easier to remove from the oven. 4. Meanwhile to prepare the quiche filling whisk together the remaining six eggs with the milk. Add the zucchini, red onion, baby spinach, salmon, dill, and a sprinkle of salt and pepper. 5. Remove the quiche pastry from the oven and pour the quiche filling mixture over the pastry. Use a spoon to make sure the salmon and vegetables are evenly distributed. 6. Return the quiche to the oven and bake for a further 20-30 minutes until the mixture is set and cooked through to the middle. Cool slightly before cutting into 8 slices and serve. Enjoy!