

nøgg

No Egg.
But Plants.

Simply. **Elegant.**

Quiche with asparagus.

Preparation

- 1 Put all the ingredients for the dough in a bowl and knead for 5 minutes until you have a smooth dough. Cover the dough and put aside to rest in the refrigerator for 30–60 minutes.
- 2 Meanwhile, wash and peel the asparagus and cut off the ends. Cut the asparagus into pieces about 3cm long and steam them in a pan with a dash of vegetable oil for 5–8 minutes at a medium temperature. Season with salt to taste. Then place them in a sieve and allow the water to drain well.
- 3 For the filling, mix the nøgg, vegan cream, asparagus and parsley in a bowl. Season with salt, pepper and nutmeg to taste.
- 4 Remove the dough from the fridge and roll it out on a floured surface to about 3mm thick. Then place it in a lightly greased quiche tin and form an edge.
- 5 Place the asparagus filling on the dough, decorate with asparagus spears and bake the quiche:

in an oven

180°C (top/bottom heat), 20 minutes (preheated)

in the combi-steamer

130°C (dry heat), 30 minutes (preheated)

The preparation time always depends on the type of cooking appliance used and its heat output.



plant-based

Ingredients for 1 Quiche (ø 27 cm)

Dough

- 250g wheat (type 550) or spelt flour
- 100g margarine
- 100g water
- 2g salt

Filling

- 200g **nøgg liquid**
- 200g cream (vegan)
- 500g asparagus, sliced, fresh or frozen
- 10g parsley
- season with salt, pepper, nutmeg to taste



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