



## The Health & Wellbeing Studio

T 1300 651 936 E [enquiries@hwstudio.com.au](mailto:enquiries@hwstudio.com.au)

A Lev. 1, 1160 Toorak Rd, Camberwell VIC 3124

### Crustless Veggie Quiche

This recipe is a perfect vehicle for excess veggies you are about to bin before your weekly shop. Fantastic for breakfast, lunch dinner or a snack and an all-round family pleaser.

– Family friendly

– Gluten free

– Vegetarian friendly

– Weight loss friendly

Preparations time: 15mins

Cooking time: 60 – 90mins

Serves: 4 – 6 people

### Ingredients

1 tablespoon olive oil

1 med. zucchini, sliced

1 cup red bell pepper, diced

2 cloves garlic, crushed

12 eggs

1/4 cup grated Parmesan cheese

1 cup sliced mushrooms

1 small onion, diced

2 tomatoes, thinly sliced

4 sprigs of Thyme

500g cup ricotta cheese

Salt and Pepper to taste

### Instructions

- 1) Heat olive oil in medium size pan.
- 2) Add zucchini, mushroom, onion and garlic and sauté until soft.
- 3) While veggies are cooling a little, mix together eggs and ricotta until fully combined also add a pinch of salt and some freshly grounded pepper.
- 4) Add veggies into egg mixture and stir.
- 5) Pour mixture into a pie plate.
- 6) Place tomatoes and sprinkle thyme leave and Parmesan cheese on top.
- 7) Cook at 180C for 60 - 90 minutes or until skewer comes out clean.
- 8) Enjoy!

### Alternatives

Swap and include additional ingredients – olives, spring onion, pumpkin, spinach, red onion, feta, tuna, thinly shaved ham, bacon.