



8

Servings

20 min

Prep Time

37 min

Cook Time

57 min

Total Time

Hot Smoked Salmon & Avocado Quiche

Ingredients

Pastry

80g butter
200g almond meal
1 large egg
Salt

Filling

170g tasty cheese
100g sour cream
5 large eggs
150g hot smoked salmon (found in the fridge section in most supermarkets)
1 tbsp dill, finely chopped
¼ tsp lemon zest
½ avocado, thinly sliced

Macros Per Serve

Calories - 441 | Fat – 39.4g

Net Carbs – 0.9g | Protein – 19g

Conventional Method

Pastry

- 1 Preheat the oven to 170° and grease a large quiche tin.
- 2 Put butter in a microwave proof bowl and microwave for 2 mins or until completely melted.
- 3 Combine butter and remaining pastry ingredients well in a bowl.
- 4 Press mixture into the quiche tin, using your hands to spread it around evenly.
- 5 Bake for 10 - 12 mins until slightly brown. Keep an eye on it, if the pastry starts to bubble, prick it with a fork.
- 6 Once baked remove from the oven and set aside. Your pastry will have bubbles on top from the butter, these will disappear while you prepare the filling.

Filling

- 1 Crack the eggs into a large mixing bowl and whisk well.
- 2 Grate the cheese and add it to the bowl along with the sour cream, dill and lemon zest. Combine well.
- 3 Flake the salmon onto the mix and gently mix through
- 4 Pour mixture into pastry.
- 5 Lay avocado slices on top.
- 6 Bake for 20-25mins, until fully cooked.
- 7 Remove from oven, slice and serve or eat when cool.

Thermomix Method

Pastry

- 1 Preheat the oven to 170° and grease a large quiche tin.
- 2 Put butter in Thermomix bowl and melt, 2 mins/80°/sp2.
- 3 Add remaining pastry ingredients and mix, 10 sec/sp3. Scrape down the sides and blades and repeat.
- 4 Press mixture into the quiche tin, using your hands to spread it around evenly.
- 5 Bake for 10 - 12 mins until slightly brown. Keep an eye on it, if the pastry starts to bubble, prick it with a fork.
- 6 Once baked remove from the oven and set aside. Your pastry will have bubbles on top from the butter, these will disappear while you prepare the filling.

Filling

- 1 Add cheese to Thermomix bowl (don't worry about cleaning it) and grate, 8 sec/sp8.
- 2 Add dill, lemon zest, sour cream and eggs and mix, 30 sec/sp3.
- 3 Flake the salmon into the bowl and stir with a spatula.
- 4 Pour mixture into pastry.
- 5 Lay avocado slices on top.
- 6 Bake for 20-25mins, until fully cooked.
- 7 Remove from oven, slice and serve or eat when cool.