



Crustless Quiche with Asparagus and Pepper

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: **30 MINUTES**

TRADITIONAL COOKING: **45 MIN.**

HYPOTOXIC COOKING: **2 H 45**

INGREDIENTS

- 45 ml (3 tbsp) dry bread crumbs
- 45 ml (3 tbsp) olive oil
- 227 g (8 oz) mushrooms, sliced
- 2.5 ml (1/2 tsp) salt
- 1 carrot, peeled and cut into small cubes
- 160 g (1 cup) finely chopped onion
- 1 red pepper: cut half into slices and the other half into small cubes
- 240 g (2 cups) asparagus, cut into pieces
- 65 g (1/4 cup) chicken or vegetable stock
- 30 ml (2 tbsp) fresh parsley, chopped
- Pepper, to taste
- 4 large eggs
- 30 ml (2 tbsp) all-purpose flour "[*La Merveilleuse*](#)"
- 125 g (1/2 cup) plant-based milk substitute
- 90 g (1 cup) melted vegetable cheese (mozzarella style)*

PREPARATION

1. Traditional cooking: Preheat the oven to 350 °F (180 °C).
Hypotoxic cooking: Preheat the oven to 230° F (110° C).
2. Oil the bottom of a pie plate and sprinkle the bottom and sides with breadcrumbs.
3. In a large skillet, heat 15 ml (1 tablespoon) of oil and sauté mushrooms and salt over medium-low heat until mushrooms have lost excess water.
4. In another skillet, heat 30 ml (2 tablespoons) of oil and sauté carrots, onions and pepper cubes over medium-low heat for 3 minutes.
5. Add asparagus, broth, parsley and pepper and sauté for another 3 minutes.
6. In a bowl, beat eggs, flour and plant-based milk substitute vigorously. Add cheese, vegetable mixture and mushrooms.
7. Pour the mixture into the pan and place the pepper slices on top.
8. Bake on the central grill according to the time mentioned above for the chosen cooking method or until the quiche looks set and nicely browned underneath.



In May, as it's asparagus season, I decided to concoct another recipe: a delicious quiche with asparagus and pepper that will surely delight you!

TIP

*If you do not follow a diet excluding dairy products, you can use your choice of cow's milk cheese.