



Posted on 11 October 2015

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Crustless Leek and Mushroom Quiche



Ingredients

A large sweet potato
Olive oil
1 large onion
2 leeks
2 fat cloves of garlic
125g chestnut mushrooms
100g button mushrooms
1 tablespoon of sunflower oil
5 large eggs
300g onion and chive cottage cheese
100g mature cheddar cheese
A handful of fresh parsley
A small bunch of chives
Salt and freshly ground black pepper
80g small vine tomatoes

Preparation

1. Preheat the oven to 180 degrees or 160 degrees fan oven.
2. Peel the sweet potato and cut it into fairly thin slices. Brush a baking tray liberally with olive oil and warm it in the oven for a few minutes. Then lay on the sweet potato slices, spray the tops with olive oil, bake for 15 minutes then remove from the oven.
3. Peel and chop the onion. Remove the tough outer layer of the leeks, wash thoroughly and slice. Wipe and slice the mushrooms. Heat the sunflower oil in a large saucepan and sauté the onion over a low heat for 5 minutes to soften it. Add the sliced leeks and the crushed garlic and cook for a further 5 minutes. Then add the mushrooms and cook for a final 5 minutes. Spoon the vegetables into a large bowl with a slotted spoon, draining off any liquid from the mushrooms.
4. Break the eggs into a small bowl and beat them. Add the beaten eggs and the cottage cheese to the vegetables and mix together.
5. Grate the cheese and stir half of it into the mixture, reserving the other half for the topping. Chop the parsley and chives finely and mix them in too. Season with plenty of

salt and black pepper.

6. Brush the bottom of a deep tin or ovenproof dish with olive oil and place the sweet potato slices, overlapping, on the base. Spoon in the vegetable mixture evenly then dot with the tomatoes, halved, with the cut sides facing up. Bake in the preheated oven for 20 minutes.
7. Sprinkle the remaining cheese over the top and bake for another 25–30 minutes, until the quiche is set and the cheese is bubbling and golden.

Cooks Note
