Vegan mixed pepper quiche

Vegan Serves 4

Ingredients

- 150 g vegan shortcrust pastry (see suggestions)
- 300 g cauliflower, chopped into small florets
- 2 tbsp groundnut oil
- ¼ tsp salt
- 1 onion, finely sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 100 g chickpea (gram) flour – this cannot be substituted
- 600 ml water
- Vegan vegetable stock – enough to make 500 ml
- ½ tsp sage
- ½ tsp turmeric
- 3 tbsp nutritional yeast
- ¼ tsp salt
- 1 medium tomato, sliced

Method

1. Pre-heat the oven to 200 °C (gas mark 6). Coat the cauliflower in 1 tbsp of the oil and ¼ tsp salt, place in a roasting tin and bake in the oven for 15-20 minutes, until softened and slightly charred. Remove and put to one side.
2. Meanwhile, add the remaining 1 tbsp oil to a frying pan and fry the onions, with a pinch of salt, for 3-4 minutes until they start to caramelise. Add the peppers and continue to cook on a low heat for 7-8 minutes, until the peppers have softened. Put to one side.
3. Line an oiled quiche dish (approximately 9 inches wide) with the pastry, prick the bottom with a fork and bake blind for 15 minutes. Remove for the oven and put to one side as you prepare the filling.
4. In a bowl, add the chickpea flour and about 250 ml of the water. Whisk this together well.
5. In a wide bottomed saucepan, add the remaining 350 ml of water, the stock cube, nutritional yeast, turmeric, sage and salt. Bring to the boil. Then, slowly pour in the chickpea mixture and stir continuously. Once all the mixture has been combined, lower the heat and continue to stir continuously for 2-3 minutes, until the mixture becomes quite thick and glossy.
6. Add in the cauliflower and vegetables and combine everything well. This will be a very solid mixture. Pour into the prepared pastry case, levelling with a spatula, and top with the sliced tomato.
7. Bake in the oven, at 200 °C (gas mark 6), for 20 minutes. Remove and brush the top with melted dairy-free margarine and place back in the oven for a further 5 minutes.
Butternut squash and goats cheese quiche

**Vegetarian**  
**Serves 4**

**Ingredients**
- 150 g shortcrust pastry
- ½ medium butternut squash, cut into 2 cm chunks
- 1 medium onion, cut in 2 cm chunks
- 1 red pepper, cut into 2 cm chunks
- 1 yellow or orange pepper, cut into 2 cm chunks
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tbsp olive oil
- 150 g soft goats cheese
- 3 medium eggs
- 275 ml double cream
- salt and pepper
- 1 medium tomato, sliced

**Method**
1. Pre-heat the oven to 220 °C (gas mark 7). Toss the butternut squash, onion and peppers in the olive oil and place in the oven for around 25-30 minutes. Once done, remove from the oven and let cool.
2. Meanwhile, line an oiled quiche dish (approximately 9 inches wide) with the pastry, prick the bottom with a fork and bake blind for 15 minutes.
3. In a large bowl, briefly whisk the eggs and double cream together, season with the salt and pepper and crumble in the goats cheese.
4. Add the roasted vegetables to the egg mixture, and then pour into the pastry cake.
5. Bake the quiche in the oven at 180 °C (gas mark 4) for 30-35 minutes, or until the surface is golden brown and the filling has set.

**Greenhouse gas footprint**  
0.60 kg CO₂-eq

**Water use**  
38 litres

**Land use**  
0.86 m²

**Packaging**  
2/5

**Animal welfare**  
2/5

**OVERALL IMPACT**  
2/5

**Suggestions**
- Try roasting vegetables that are in season at the moment. For October/November, that could include sweet potato, beetroot, parsnips and celeriac.
- Other cheese, such as feta, will work just as well.
Food choices, food waste and food packaging for life in the 2050 carbon budget. Join the discussion 29th Oct-2nd Nov 2018 #LEC2050Week

Quiche Lorraine

Serves 4

Ingredients

- 150 g shortcrust pastry
- 125 g smoked bacon, grilled until crisp and then chopped
- 100 g mature cheddar cheese, grated
- 3 medium eggs
- 275 ml double cream
- salt and pepper
- 1 medium tomato, sliced

Method

1. Line an oiled quiche dish (approximately 9 inches wide) with the pastry, prick the bottom with a fork and bake blind for 15 minutes at 200 °C (gas mark 6).
2. Meanwhile, in a large bowl, whisk together the eggs, cream and seasoning.
3. Layer the cheese and bacon in the pastry case (reserving a handful of cheese for the top) and pour over the egg mixture. Sprinkle the reserved cheese and place the sliced tomato on top.
4. Return the quiche to the oven and bake for 30-35 minutes, until the surface is golden brown and the filling has set.

Suggestions

- Consider using a veggie or vegan meat substitute instead of the bacon, to lower the environmental footprint of the quiche.

Per serving

- Greenhouse gas footprint: 1.35 kg CO₂-equivalent
- Water use: 74 litres
- Land use: 1.86 m²
- Packaging: 3/5
- Animal welfare: 4/5

OVERALL IMPACT: 4/5