

Retreat Kitchen

Cheesy Leek, Artichoke and Broccoli Quiche

Ingredients for each layer

- 2 tsp of oil
- 2 leeks
- 8 pieces of Artichoke
- 200g of Tenderstem Broccoli
- 2/3 cup Cashews soaked
- 2 Tbsp Nutritional Yeast
- 1 tsp Salt
- 1 tsp Lemon juice
- 1 cup water
- Black pepper to taste
- Gluten free pastry

1. Roll out the dough to the size of the Quiche dish and then press down the bottom and sides and prick with a fork.
2. Pre-bake for 25 mins on the middle shelf of the oven. Then remove and set aside
3. Sauté the leek in the oil for approx. 10min until soft. Make sure you stir often so that they don't burn. Add the Broccoli. Cover and cook for another 5 mins
4. Blend together the remaining ingredients, Except Artichokes, pepper (that is Cashews through to water).
5. When blended mix with the leeks and broccoli and add the artichokes. Season with salt and pepper to taste. Then spoon the mixture into the Quiche dish.
6. Bake in oven until golden brown about 40mins.
7. You can serve warm or cold.