



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight:

Kalamata olives get their name from Kalamata in southern Greece, and are loved for their deep purple colour and rich, fruity flavour. A little goes a long way in this Greek-inspired quiche.



Greek Feta & Olive Crustless Quiche

A Greek-inspired crustless quiche baked with capsicum, feta and kalamata olives. Served with a dressed tomato and cucumber salad for a light but satisfying dinner.



45 minutes



Vegetarian



4/6 servings

Spice it up!

For a classic quiche, add a shortcrust pastry base. Blind bake until lightly golden, then add the filling and bake until set.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g/28g	26g/29g	50g/39g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	800g
ZUCCHINI	1	1
RED CAPSICUM	1	2
SHALLOTS	2	2
GARLIC CLOVE	1	2
FREE-RANGE EGGS	6-pack	2 x 6-pack
FETA CHEESE	200g	2 x 200g
KALAMATA OLIVES	100g	100g
TOMATOES	3	4
LEBANESE CUCUMBERS	2	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried oregano

KEY UTENSILS

oven tray, quiche dish or oven dish, frypan

NOTES

Short on time? Turn the filling into a quick Greek-style omelette in a large frypan and serve with salad.

To easily line a round oven dish, wet and scrunch the baking paper first to soften it, then press it into the dish.



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1. ROAST THE SWEET POTATO

Set oven to 220°C. Line a round quiche dish or an oven dish with baking paper (see notes).

Dice sweet potato and toss on a lined tray with **oil, salt and pepper**. Roast for 25–30 minutes, or until golden and tender.



4. ASSEMBLE & BAKE QUICHE

Spread **cooked vegetables** and **olives** evenly in the lined dish. Pour over **egg mixture**.

Top with **sliced tomato** and bake for 20–25 minutes, or until set in the centre.

6P – use a larger dish or make 2 quiches.



2. PREPARE THE VEGGIES

Thinly slice **zucchini, capsicum** and **1 shallot**. Add to a frypan with **oil** and cook for 2–3 minutes to slightly soften. Crush in **garlic** and add **1 tsp dried oregano**.

6P – use 2 tsp dried oregano.



5. PREPARE THE SALAD

Whisk together **3 tbsp olive oil, 2 tbsp red wine vinegar, 1 tsp dried oregano, salt and pepper** to make a vinaigrette.

Slice remaining **shallot**, dice **cucumber** and remaining **tomatoes**. Toss to dress.



3. WHISK THE EGGS

Meanwhile, whisk **eggs** with **salt and pepper**. Dice and add **feta**.

Drain and rinse **olives**. Thinly slice **1 tomato**. Keep separate.



6. FINISH AND SERVE

Rest the **quiche** for 5–10 minutes before slicing.

Just before serving, toss the roast **sweet potato** through the **dressed salad**. Serve alongside the **quiche** at the table.

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