

# VEGAN MINI QUICHES WITH MARINATED PIECES

## INGREDIENTS

 6 SERVINGS

 45 MIN

 INTERMEDIATE

1 pack Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning

4 slices savory pie dough or puff pastry

100 g broccoli (approx)

4 artichoke hearts (can)

6 sundried tomatoes

100 ml vegetable milk

100 ml vegetable cooking cream

50 g grated vegan cheese

1 tbsp cornstarch (or 1 egg)

salt and pepper

If you want an original and vegan brunch/lunch recipe, this is your opportunity! Give these mini quiches a try with Garden Gourmet Filet Pieces Mediterranean seasoning a try!

## PREPARATION

### 1. Thaw the dough, preheat the oven, and blanch the broccoli

Let the dough thaw and lightly grease the muffin tin. Preheat the oven to 180°C. Cut the broccoli into very small florets and blanch them briefly in boiling water and rinse under cold water.

### 2. Line the dough in the muffin tin

Cut out the slices of dough with a round cutter (suitable for the muffin tin) and line the molds with it. Roll out the leftover dough to use.

### 3. Fry the Sensational filet pieces then fill the molds

Cut the Sensational filet pieces a bit smaller and fry them briefly in a little oil until they turn light. Fill the molds with diced tomatoes, artichoke, broccoli, filet pieces and grated cheese.

### 4. Make and season the milk-egg mixture

Mix the milk with the cream and egg or corn starch. Season with salt and pepper.

### 5. Bake the quiches, let cool, and enjoy!

Pour the mixture onto the filling and bake the quiches for about 25 minutes until brown and done in the middle of the oven. Let them cool down in the molds and then take them out.

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