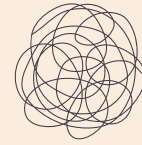




WHAT TO COOK WHEN YOU...  
STRUGGLE TO EAT LUNCH

# Caramelised Onion, Mushroom & Feta Quiche in a Sweet Potato Crust



Do you struggle to actually eat lunch? Either opting for take-awareness or sometimes even nothing at all? This is a great veg-packed mid-week meal that makes for fantastic leftovers and actually makes you excited to eat your packed lunch! Get creative with sides for a satisfying multi-dimensional meal.

**SERVES: 4-6**

Recommended additions include relish, side salad, garlic bread or soup.

Leftovers can be eaten cold or reheated in the microwave.

**DIETARY INFORMATION:**

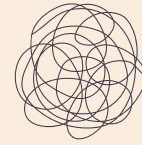
Gluten free

Vegetarian

**STORAGE:**

Fridge, up to 5 days in airtight container.

Freezer, up to 2 months in air-tight container.



## INGREDIENTS

### FILLING

- 3 tablespoons extra-virgin olive oil
- 1 large brown onion, sliced
- 1-2 tablespoon brown sugar
- 1-2 tablespoon balsamic vinegar
- 5 button mushrooms, sliced
- 1 large clove garlic, minced
- 60g (1 small bag) fresh baby spinach
- 6 eggs
- 1/2 cup plain Greek yogurt
- 50g crumbled feta (or goats cheese), plus more to garnish
- Heaping 1/2 tsp salt
- 1 1/2 tablespoons fresh rosemary, chopped
- 1/8 tsp black pepper

### CRUST

- 2 medium sweet potatoes, (ideally with a thick middle) peeled and sliced into rounds roughly 1/2 cm thick
- Extra virgin olive oil cooking spray
- Sprinkle of salt and pepper



## METHOD

STEP ONE: Preheat a fan-forced oven to 190C.

STEP TWO: Layer the sweet potato slices in a slightly overlapping spiral on the bottom of a pie dish sprayed with extra virgin olive oil spray. Be sure to overlap the slices a little bit to cover the whole bottom of the pie dish.

STEP THREE: Layer the remaining slices along the side of the pie dish. Be sure to overlap these slices as well.

STEP FOUR: Bake at 190C for 20 minutes then remove from the oven and set aside, but keep the oven on.

STEP FIVE: While the sweet potato base is baking, add the sliced brown onion to a medium fry pan on low heat with 2 tablespoons of extra virgin olive oil and a pinch of salt. Cook slowly on low heat for 15-20 minutes, stirring occasionally to prevent them from sticking to the fry pan.

STEP SIX: When the onions are soft with a gold tinge, add the brown sugar and balsamic vinegar to start caramelisation. Continue cooking over low heat for a further 5-10 minutes, stirring occasionally, until sticky and dark brown. Then, layer the caramelised onions on top of the cooked sweet potato base once it has been removed from the oven.

STEP SEVEN: Turn the fry pan up to medium heat, add the garlic and chopped mushrooms and sauté until soft and brown. Add rosemary and spinach and cook until the spinach is lightly wilted, then remove the fry pan from heat.

STEP EIGHT: In a medium-sized bowl, whisk together the eggs and greek yogurt until well-combined and fluffy. Fold in the feta or goats cheese and pepper.

STEP NINE: To assemble the quiche, add spinach and mushroom mixture on top of the caramelised onions. Then pour egg mixture over the top. Sprinkle with additional cheese and rosemary.

STEP TEN: Bake in the oven for 35-40mins or until the egg mixture sets. Remove from the oven and allow to cook in the pie dish for 10mins before slicing and serving.