

Vegan Asparagus Quiche



Lovely combination of green asparagus and red onions. With a filling which is so much like a dairy quiche – even the egg taste comes through thanks to Kala Namak (black salt).

You can either prepare your own short crust (see recipe) or buy a ready made in the supermarket, most options are vegan.

Ingredients

Short Crust

250 g flour
½ teaspoon salt
100 g vegan butter (cold)
50 ml cold water

Vegetables

300 g green asparagus
2 red onions
2 garlic cloves
olive oil

Quiche filling

250 g silken tofu
1 lemon (the juice)
3 tablespoons nutritional yeast
1 tablespoon white miso paste
½ teaspoon nutmeg
¼ teaspoon Kala Namak
salt, pepper at taste
1 teaspoon tapioca starch
3 tablespoons chickpea flour

Instructions

- combine flour, salt, the vegan butter in cubes and the cold water in a large bowl, knead it well and form a ball which you wrap in cling foil and let it cool down in the fridge for at least 30 mins
- roll out the dough to fit into a pie form and fill the pie form with it evenly
prick the dough with a fork several times and prebake it for 10 minutes at 200 C (you may want to blind bake it with dried beans, but it works also without when you bake it only shortly)
- quarter the onions and cut them in thin slices
get rid of the wooden ends off the asparagus and cut the spears in 1,5 cm pieces, leaving the tips a bit longer
fry both in a pan with a little olive oil on medium heat until the vegetables are soft
- mix in a blender the tofu with the lemon juice, nutritional yeast, nutmeg, kala namak, tapioca starch and at salt and pepper at taste
bring it to a smooth paste
- add to the tofu paste the chickpea flour and mix well with a wooden spoon
- add the crushed garlic and the tofu paste to the vegetables, mix well
- fill the vegetable-tofu filling in the pie form with the short crust and bake at 200 C fan oven for approx. 25 mins, until the crust is golden brown
- let it cool down completely before serving