

# HOT SPINACH QUICHE

## INGREDIENTS

### Crust

- 2 cups almonds, ground
- 1Tbsp coconut flour
- 4tsp ice cold water
- 1/4 tsp sea salt
- 3 1/2 Tbsp butter or coconut oil
- 2Tbsp chopped fresh basil (optional)



### Filling

- 3 big bunches spinach, chopped
- 1Tbsp butter, or coconut oil
- 1 red onion, finely chopped
- 130g fresh cream
- 80g feta and or parmesan cheese
- 6 eggs
- pinch sea salt

## METHOD

### Crust

1. Preheat oven to 180deg celsius.
2. Place all ingredients into a food processor, or Thermomix, and blend for 30seconds or until the dough all comes together.
3. Press dough into a pie dish and bake for 10mins or until lightly golden.

### Spinach Filling

1. Heat butter in a pan and add cook onion until transparent, add in spinach until wilted and cooked through.
2. In a separate bowl, or into your Thermomix, place fresh cream, eggs and salt and blend until well combined. Stir in feta and or parmesan cheese.
3. Spread spinach and onion mix into the crust. Pour over the cream mixture and back in oven for 30-35 minutes or until cooked through.