Low Fat Salmon and Broccoli Quiche

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 4-6 slices (8" pie dish)

1 salmon fillet
1 tbsp lemon juice
6 broccoli florets, chopped
3 mushrooms
Half a small red onion, chopped
250g shortcrust pastry
1 egg
1 egg white
150g low fat cottage cheese
2 tbsp grated cheese
1 tsp mint

Instructions

1. Roll out the pastry and place into an 8" pie dish, pushing it up the sides. Prick the base with a fork.
2. Bake blind (cover with foil and sit dried beans or rice in it) for about 10 minutes at 200 degrees C.
3. Meanwhile, brush the salmon with lemon juice and grill (or poach) til cooked through. Use a fork to flake into pieces.

4. Gently fry the veg, mixing in the salmon towards the end.
5. In a separate bowl, beat the eggs and cottage cheese. Mix in the cheese and

mint.

6. Tip the salmon filling into the pastry base, then pour in the cottage cheese mix.
7. Bake for about 40-45 minutes til the top is solid.