

Protein-Packed Butternut & Feta Quiche

Ingredients:

Lentil crust:

2 cups uncooked IMBO Brown Lentils (5 cups cooked lentils)
6 cups water
½ - 1 cup oats
1 tbsp tomato puree
1 tsp dried mixed herbs
Seasoning, to taste

Quiche filling:

1 tbsp olive oil
1 1/2 large red onions, sliced
1 tbsp brown sugar
1 tbsp balsamic vinegar
1 cup chopped spinach
3 cups butternut, diced & roasted
1 cup feta, broken into cube-like chunks
6 eggs, large
¾ cup full fat cream
Seasoning, to taste

Garnish:

Fresh rocket

Recipe:

1. Preheat oven to 200°C. Grease a quiche dish.
2. Rinse the lentils thoroughly under running water. Transfer the rinsed lentils to a saucepan with 6 cups of water. Boil the lentils for 25 to 30 minutes until tender. Place the mixture (with leftover water) in a bowl of a food processor. Blend to form a thick paste.
3. Add the oats, tomato puree, mixed herbs & seasoning.
4. Bring together in the food processor.
5. It will form a sticky yet un-kneadable dough.
6. Press the dough into a greased quiche dish & bake for 10-12 minutes until it starts to firm. Allow to cool.

For the filling:

1. Lower the heat of the oven to 160°C.
2. Add oil to a frying pan. Add the chopped onion. Add a pinch of salt and cook very slowly for 15-20 minutes, stirring occasionally. When the onions have softened and browned, add the brown sugar and the balsamic vinegar and cook over low heat for a further 5-10 minutes and set aside to cool.
3. Spread the spinach out onto the lentil crust base. Top this with the caramelised onions, the roasted butternut and the feta chunks.
4. Place eggs and cream in a bowl and whisk until combined. Season to taste.
5. Pour into lentil-pastry case and bake for 45-55 minutes until just set.
6. Top with some fresh rocket, serve & ENJOY!