

Ingrediënten

- 2 tablespoons extra-virgin olive oil
- 8 ounces sliced fresh mixed wild mushrooms such as cremini, shiitake, button and/or oyster mushrooms
- 1 ½ cups thinly sliced sweet onion
- 1 tablespoon thinly sliced garlic
- 5 ounces fresh baby spinach (about 8 cups), coarsely chopped
- 6 large eggs
- ¼ cup whole milk
- ¼ cup half-and-half
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 ½ cups shredded Gruyère cheese



Recept

✓ Step 1

Preheat oven to 375 degrees F. Coat a 9-inch pie pan with cooking spray; set aside.

✓ Step 2

Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan. Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes. Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes. Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.

✓ Step 3

Whisk eggs, milk, half-and-half, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan. Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice. Garnish with thyme and serve.

Bron

Facebook



Internet



<https://www.facebook.com/EatingWell/posts/pfbid0xVhR1Fzqjpxs7b9e7phVGkcRm4RKnyUrecjgLy4ZnAySaXKPzj1CpxCPN5C2rJ4NI>
<https://www.eatingwell.com/recipe/278023/spinach-mushroom-quiche/>

Info Martine Lycke

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Springvorm 23 cm

Bekleden met kruimeldeel

Champignons

bakken - 8 minuten volgens recept

+ ui

+ look

Bakken - 5 minuten volgens recept

+ spinazie (reeds gestoomd uit vriezer)

Bakken - 2 minuten volgens recept

In kom mengen:

6 eieren

60 ml half volle melk

60 ml room

1 el mosterd

Tijm poeder

Peper

135 g gemalen kaas

Kruiden *

+ groenten

Oven: 180°C - 30 minuten

Daarna 10 minuten laten staan

Porseleinen schotel gebruikt, omdat deze makkelijker is om het deeg in te leggen.
Deze moet altijd een 10 tal minuten langer in de oven !

Vergeten gemalen kaas bij de eieren te doen, dus achteraf op gedaan.

Na 30 minuten gemalen kaas overgedaan, en dan nog es 10 minuten in de oven.

* Bijgekruid met gemberpoeder, kurkuma, peterselie en paprika

Fotos

