



# Salmon, Spinach and Goats Cheese Quiche

Serves 8

## Ingredients

- 2 sheets of shortcrust pastry, thawed
- 250g packet of frozen spinach, thawed
- 300g canned red salmon
- 1 shallot, finely chopped
- 1/2 cup low fat tasty cheese, grated
- 2 tablespoons goat's cheese, crumbled
- 4 eggs
- 1/4 cup light sour cream
- 1/2 cup reduced fat milk
- Salt and pepper to season
- Garden salad to serve

**Note:** This meal is great to cook at the start of the week and take for lunches!

### Nutritional Guide - Per Serve

Energy: 371cal	Carbohydrate: 23.4g
Protein: 20.4g	Sugars: 7.4g
Fat: 21g	Fibre: 4.5g
Saturated Fat: 8.4g	Sodium: 467mg

## Method

**Step 1:** Place 2 sheets thawed shortcrust pastry on a piece of baking paper, overlapping slightly. Press edges together to join. Roll out lightly to smooth join. Ease pastry into a 22cm quiche pan and trim edges. Chill in fridge for 30 minutes.

**Step 2:** Preheat oven to 200°C. Cover pastry with baking paper. Fill with rice or pastry weights. Blind bake for 10 minutes. Remove paper and weights and bake for another 10 minutes. Set aside to cool. Reduce oven to moderate, 180°C.

**Step 3:** Drain spinach and place in a bowl. Add salmon, tasty cheese, shallots and goat's cheese. Mix together.

**Step 4:** Whisk together eggs, light sour cream and milk. Add to spinach mixture and combine gently. Season with salt and pepper and pour into pastry shell. Bake for 45-50 minutes, until filling is golden and set.

### Are you on a 1200 Calorie Meal Plan?

Your calorie intake for lunch should be between 270-300cal

Does this recipe meet your meal requirements? **NO**

Recommendations:

- Reduce pastry to 1.5 sheets in recipe

Total Calories:  
297cal

### Are you on a 1500 Calorie Meal Plan?

Your calorie intake for lunch should be between 370-400cal

Does this recipe meet your meal requirements? **YES**

Total Calories:  
371cal