

Lean & Green Quiche

 6 servings  40-45 minutes

A clean, anti-inflammatory quiche packed with protein, hormone-supporting greens, and just the right touch of creamy feta. Perfect for make-ahead lunches or a balanced breakfast.

Macros (per slice, serves 6): Calories: -170 kcal
Protein: -12g | Fat: -11g | Carbs: -3-4g | Fibre: -1g

Optional Almond Crust: 1 cup almond flour, 1 egg, 2 tbs olive oil & a Pinch of salt. Mix and press into a pie dish. Pre-bake at 180°C for 10 mins.

Storage: Keeps in fridge for up to 4 days



INGREDIENTS

Base:

- 5 large eggs
- ½ cup non-homogenised milk (or unsweetened almond milk)
- ¼ tsp sea salt
- Pinch of black pepper
- Optional: ¼ tsp garlic powder or paprika

Filling:

- 1 cup fresh baby spinach (lightly wilted)
- 1 cup broccolini (chopped & steamed/sautéed)
- ¾ cup block feta, crumbled
- ¼ cup sautéed onion or shallot (optional)
- Optional: ½ cup shredded cooked chicken (for extra protein)

METHOD

1. Prep oven: Preheat to 180°C (350°F). Lightly grease a quiche dish or baking tin.
2. Sauté your greens: Lightly cook spinach and broccolini just until softened. Sauté onion if using.
3. Whisk eggs: In a large bowl, whisk eggs, milk, salt, pepper, and any seasonings.
4. Mix & pour: Add spinach, broccolini, feta, onion, and optional chicken to the egg mix. Stir well and pour into dish.
5. Bake: Place in oven and bake for 30-35 minutes, or until golden on top and set in the center.
6. Cool & slice: Let rest 5-10 minutes before slicing. Serve warm or cold.