

Quiche lorraine

Savoury

level 

 1

 60 min



Ingredients

1 Sachet	Calshake Neutral
2	eggs
100 g	grated cheese
200 g	ready puff pastry (from the refrigerated section)
100 g	diced bacon
1 table- spoon	oil
240 ml	whole milk (3.5 % fat)

Nutritional information per serving:

Energy	810 kcal
Protein	30.0 g
Fat	66.0 g
Carbohydrate	45.0 g
Fibre	0.0 g

Alternative products:

Fresubin® Clear Thickener
Fresubin® Protein Powder



Preparation

Preheat oven to 170 °C (gas level 4). Roll out the puff pastry and place in a greased quiche dish (approx. 20 cm diameter). Mix Calshake Neutral as always with milk. Fry bacon until crisp and spread over the pastry. Mix eggs and Calshake Neutral with a whisk. Add cheese to the mixture and season as desired. Pour the mixture into the quiche dish.

Place quiche dish on middle shelf in oven and bake until the quiche has become firm in the centre (approx. 30 to 40 minutes).