

## Vegan Quiche

*This recipe can be used with pretty much any vegetable filling, but I would thoroughly recommend classics like Leek and Potato. Basically, you will need to prepare, and season veg for use and on this occasion, I will discuss Leeks, Potato and Chard as the filling options. The Lactic Acid is optional, but it does add some sour cheesiness. Be sure to use a Vegan version though.*

### Ingredients

1 roll Puff Pastry  
500g Dried Mung Beans – or Baking Beans  
150g Potato – cubed and boiled for 8 minutes  
200g Leeks – cleaned and finely chopped  
180g Chard – separate stalks & leaves – finely chop  
2 Garlic Cloves – finely chopped  
1 tsp Smoked Paprika  
50g Chickpea Flour  
1 tsp Kala Namak – Black Salt  
2 Tbsp Nutritional Yeast  
1 tsp Baking Powder  
1 tsp Garlic Powder  
1 tsp Onion Powder  
½ tsp Turmeric  
½ tsp Vegan Lactic Acid - optional  
50g Vegan Cheese shreds  
250ml Oat Cream  
Salt and Pepper to season



### Method:

Place a baking sheet in the oven and preheat to 180C Fan.

Flour a clean surface and roll out the pastry to about 3mm thick.

Carefully lay the pastry in your pastry dish and gently press into the sides ensuring there is about 1cm overlapping the top of the dish. You can use some offcuts of pastry to create a lip around the top if desired.

Gently place 2 60cm long overlapping layers of cling film into the dish and fill with the mung beans and then fold the cling film back over the beans to make a sealed packet.

Place the pastry dish on the baking sheet and bake for 25 minutes. Remove from the oven and gently lift out the cling film package of mung beans.

Prick the bottom of the pastry and return to the oven for 10 minutes. This is ready for filling.

While the case is baking, make the filling.

Add 1 Tbsp Olive Oil to a large frying pan and heat on medium high.

Sauté the Leeks and Chard Stalks with a pinch of salt until softened.

Add the garlic and fry for 1 minute before adding the chard and sautéing until wilted.

Add the potato, smoked paprika mix to combine and season with pinch of salt and pepper, then set aside.



To a bowl, add the chickpea flour, kala namak, nutritional yeast, garlic powder, onion powder, baking powder, turmeric, lactic acid (if using), salt and pepper and mix to combine, then add the oat cream while stirring to get a smooth sauce.

Add the Sheese (if using) to the veg and then add the sauce and mix to combine thoroughly before pouring into the pastry case. Top with more Sheese if desired and then bake for 30 minutes.

Poke with a skewer that should come out clean, if not, cook for a further 5 to 10 minutes then serve.