

Creamy Salmon Quiche

Serves 4

Ingredients:

1tbsp snipped chives, fresh or dried
300g shortcrust pastry mix
200g broccoli
3 medium eggs beaten
200g low fat crème fraiche
100g smoked salmon cut into ribbons

Method:

1. Stir the chives into the pastry mix then add about 3 tablespoons cold water to bring together. Roll out pastry and use to line a 35cm x 12cm rectangular tart tin (or 20cm round tart tin), leaving the excess pastry hanging over the edge. Cover and chill for at least 30 minutes.
2. Preheat oven to 180C/gas 4. Line the pastry case with greaseproof paper and baking beans and bake for 10 minutes. Remove the paper and beans and bake pastry for a further 5 minutes. Cut away the excess pastry.
3. Meanwhile, blanch the broccoli in a pan of lightly salted boiling water for 1 to 2 minutes, uncovered. Refresh in cold water and drain well in a colander. Pat dry with kitchen paper. Whisk the eggs and crème fraiche together with seasoning and then stir in the smoked salmon.
4. When the pastry case is ready pour half of the filling in, then arrange the broccoli on top. Add the remaining filling and bake for 15 to 20 minutes, until lightly golden and just set in the centre.