



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

VEGETARIAN

Squash, Asparagus and Goat Cheese Quiche

INGREDIENTS

For the crust:

- 1 cup all-purpose flour
- ½ tsp salt
- ¼ cup olive oil
- ¼ cup cold water

For the filling:

- 1 medium Vidalia onion (diced)
- 2 Tbsp olive oil (divided)
- 1 Tbsp balsamic vinegar
- 1½ cup butternut squash (diced)
- 1 tsp honey
- 5 large eggs
- 1 cup milk
- ½ tsp thyme
- ½ cup goat cheese (crumbled)
- 1 cup asparagus (diced)
- Salt and pepper to taste

DIRECTIONS

For the crust:

1. Mix the flour and salt in a mixing bowl.
2. Beat oil and water with a whisk or fork to thicken and mix into the flour using a fork until a flakey dough forms. Avoid overworking.
3. Roll out the dough into a 12" circle and form into a 9" pie dish. Trim the edges as needed.

For the filling:

1. Preheat oven to 375°F.
2. Heat 1 Tbsp of olive oil in a medium saucepan over medium-low heat. Add the onion and cook, stirring occasionally, until it is golden-brown (approximately 20 minutes). Add the balsamic vinegar and cook for another minute. Remove from heat.
3. Toss the butternut squash with the honey and remaining olive oil. Spread over a parchment-lined baking sheet. Bake for 10–15 mins.
4. In a large bowl, whisk together the eggs and milk. Add thyme, salt, pepper. Whisk well. Add your onion, squash, asparagus, and cheese.
5. Pour mixture into prepared pie crust. Do not over-fill.
6. Bake for 40–45 minutes or until the edges are golden-brown and the centre feels set.
7. Remove from oven and cool on a rack for 5–10 minutes. Serve warm or at room temperature.

