

## Leek, Courgette and Feta Quiche with a Quinoa Crust



This is a great alternative to using plain flour which is highly processed. If you've been following my recipes for a while now then quinoa will be a staple ingredient in your kitchen now.

To make this large quiche, you'll need:

- 2 medium onions, sliced
- 1 leeks, thinly sliced
- 1 clove garlic
- 1 medium courgette, very thinly sliced into discs
- 1 cup raw quinoa
- 1 cup raw oats
- 1 cup spelt or wholemeal flour
- 8 eggs
- 200ml milk
- 150g feta cheese, chopped into small pieces
- Coconut oil for frying
- Ground black pepper and chilli flakes to season

Pre heat oven to 180°C

Melt the oil in a pan and add the onions, garlic and leeks – keep the heat low so as not to burn them and cook them down until they are soft and cooked through. You can prep the pastry case while the onions are cooking but keep giving them a stir now and then and take off the heat when they have cooked down.

Place the quinoa and oats into a high powdered blender and pulse until everything is a fine. Transfer this to a bowl and add the flour and 2 of the eggs. Mix well. Take this mixture a little at a time and start to press it into the bottom and up the sides of your quiche dish. Bake this for 10 mins then remove from the oven.

Whisk the remaining 6 eggs along with the chilli flakes and black pepper.

Arrange the leek and onion mix evenly into the quiche base and pour over the eggs mixture and lay the sliced courgettes onto the top of the egg mix. Place this into the oven for 40mins – at 25 mins cooking time sprinkle over the feta cheese and place back into the oven for the final 15 minutes. This is lovely served warm or cold so would be great to take into work for lunch with a side salad.