



Goat's cheese and asparagus quiches with salad and tahini dressing

Goats cheese and asparagus quiches with salad and tahini dressing are not something out of the 70's. Instead they are a modern, weight friendly lunch or evening meal that the whole family can enjoy. Simply serve with a large green salad, cooked broccoli or green beans.

Ingredients

For the quiches:

- 2 asparagus spears, trimmed
- 1/4 TBS water
- 10g butter
- 1/8 onion, diced
- 2 organic eggs
- 20g goat's cheese
- Pinch paprika
- Olive oil spray

For the dressing:

- 1/2 small tub natural yogurt
- 1 tsp water
- Juice of 1/4 lemon
- 1 tsp tahini

For the salad:

- Green salad

Serves 1

Method



1. Place the asparagus spears in a dish with the water and microwave for 1 minute
2. Melt the butter in a pan and fry the onion until softened
3. Beat together the eggs, goat's cheese and paprika
4. Add the onion and pour the batter into 2 cupcake cases sprayed with olive oil
5. Add the asparagus to your 'cakes' and bake for 25 minutes
6. Mix all of the dressing ingredients together and serve over a green salad, alongside the hot quiches



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