



## FRESH SALMON, BROCCOLI & SPINACH QUICHE TART

### Feeds 2-4

This recipe for Fresh Salmon, Broccoli, and Spinach Quiche Tart is a delightful and healthy dish that's perfect for a brunch or lunch. The combination of fresh salmon, vibrant vegetables, and creamy filling creates a satisfying and nutritious meal that's easy to make and visually appealing. The pre-made pie crust makes this recipe quick and convenient, while the broccoli and spinach add a healthy dose of vitamins and minerals.

The fresh salmon adds a light and delicate flavour to the dish, making it perfect for seafood lovers. The Swiss cheese adds richness and depth of flavour, while the nutmeg adds a subtle touch of warmth. This Fresh Salmon, Broccoli, and Spinach Quiche Tart is perfect for any occasion and can be served warm or cold, making it a versatile and practical recipe to add to your collection.

### Ingredients:

- 1 pre-made pie crust
- 1 cup chopped broccoli
- 1 cup fresh spinach, chopped
- 8 oz fresh salmon, skin removed and chopped
- 1 cup shredded Swiss cheese
- 3 large eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

### Instructions:

- Preheat the oven to 190°C. Unroll the pre-made pie crust and place it in a 9-inch tart pan. Press the crust firmly into the bottom and sides of the pan, then trim the excess dough.
- In a large skillet, sauté the chopped broccoli and fresh spinach until tender. Add the chopped fresh salmon and sauté for an additional minute.
- Sprinkle the shredded Swiss cheese on top of the crust. Add the broccoli, spinach, and fresh salmon mixture on top of the cheese.
- In a medium bowl, whisk together the eggs, milk, salt, black pepper, and nutmeg until well combined. Pour the mixture over the ingredients in the tart pan.

- Bake the quiche tart in the preheated oven for 30-35 minutes, or until the filling is set and the top is golden brown.
- Remove the quiche tart from the oven and allow it to cool for 10 minutes before slicing and serving.

Enjoy your delicious Fresh Salmon, Broccoli, and Spinach Quiche Tart!