

Chicken, Spinach and feta Quiche with a Quinoa and Parmesan Crust



Ingredients

Crust

2 cups of quinoa
2 cups chicken stock
1 cup almond meal
1 egg
½ cup parmesan cheese
½ cup sesame seeds
1 tsp salt

Filling

500g chicken tenderloins
1 onion – chopped
1 tsp mince garlic
¼ cup bacon – chopped into bits
1 dessert spoon rice bran oil
6 eggs
1 cp feta
½ cup spinach – chopped finely
½ cup mushrooms – chopped
Salt and pepper to taste

Instructions

Crust – preheat oven to 180 degrees. Grease and line a quiche dish with baking paper. Cook quinoa in a rice cooker with chicken stock or according to packet instructions. Once cooked place in a bowl with almond meal, egg, parmesan cheese sesame seeds and salt – mix well. Place mixture into quiche dish and flatten out with the back of a spoon until even. Place in the oven for 10-15 minutes until lightly brown – remove from oven and set aside.

Filling – heat oil in a fry pan, add onion, garlic and bacon – stir fry until onions are opaque and bacon is cooked. Place in a small bowl, set aside. On the sandwich press place chicken on, lid down for about 2 minutes or until cooked (or cook chicken in fry pan). Place chicken on cutting board and shred with a knife. Place eggs into bowl and whisk until combined. Add feta spinach, mushrooms, salt, and pepper and then add in onions, bacon and chicken Mix together and pour into the crust. Place in the oven for 25-30 minutes until cooked.