

Hot-Smoked Salmon & Broccoli Crustless Quiche



Serves 4 **Prep 10mins**

Cooking 25-30 mins

Easy

Ingredients

100g long stemmed broccoli
4 eggs, beaten
50ml milk
4 tbsp fat-free quark
2 fillets, skinless hot-smoked salmon, flaked
a bunch of chives, snipped
olive oil
green salad

Yoghurt-mayonnaise sauce

80ml yoghurt
2 tbsp mayonnaise
1/2 tbsp lemon juice
1 tbsp chives
1 tsp parsley

1. Heat the oven to 190C/ Fan 170C/ gas 5. Blanch the broccoli for 2 mins in boiling, salted water, drain, and roughly chop. Pat dry with kitchen paper.
2. Beat the eggs, milk, quark and season. Fold in the salmon, broccoli and chives. Spray a 20cm shallow tart tin with oil and pour in the mix. Bake for 25 - 30 mins until the quiche is golden and set, with a slight wobble.
3. Blend the ingredients for the sauce and serve with the quiche as well as some boiled or steamed new potatoes.