

Caramelised onion crustless quiche

1 tsp olive oil
1 small red onion, sliced
1 tsp apple cider vinegar
125ml unsweetened almond milk
50g chickpea flour
50g plain flour (use gluten free if preferred)
½ tsp baking powder
¼ tsp baking soda
a small pinch of sea salt
a small pinch of ground black pepper
1 tsp dried mixed herbs
70ml olive oil
a handful of baby tomatoes, halved
30g tinned sweetcorn, drained
2 spring onions, sliced
1 tbsp nutritional yeast

Serves 4

Per serving:
279 calories
19g fat
22g carbs
5g protein

Preheat oven to 180°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

Heat 1 tsp olive oil in a frying pan over a medium flame. Add the onion and fry gently for around 6 minutes, stirring occasionally until caramelised. Remove pan from heat and set aside.

Pour the milk into a bowl and add the apple cider vinegar. Stir well.

Mix the flours, baking soda, baking powder, pepper, salt and mixed herbs in a large bowl.

In a bowl, mix the milk mixture with 70ml olive oil.

Add to the bowl of dry ingredients and stir well.

Add the onion, tomatoes, sweetcorn and spring onion and stir well.

Add the nutritional yeast and stir.

Transfer the mixture into the baking tin and spread evenly.

Bake for 25 minutes or until thoroughly cooked. A toothpick will come out clean when the quiche is cooked.

Allow to cool in the tin. Cut into 4 pieces and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

