

First Ray Recipes

Salmon & Asparagus Quiche

Preparation Time: 20 minutes

Cooking Time: 50 minutes

Serves: 4

Ingredients:

2 sheets frozen Shortcrust Pastry
100g Asparagus
6 Free Range Organic Eggs
¼ cup Cream
1 x **Fish 4 Ever Wild Alaskan Pink Salmon**
4 finely chopped Shallots
1 cup grated Mozzarella
1 tablespoon chopped fresh Dill or ½
teaspoon dry Dill



** We recommend using organic ingredients where possible*

Method:

1. Preheat Oven to 180 degrees, (170 fan forced)
2. Grease a 23cm flan tin and line with pastry sheets.
3. Prick pastry, cover with baking paper and then with dried beans or rice.
4. Bake for 15 minutes, then remove baking paper, beans/rice and bake for a further 10 minutes until lightly browned.
5. Cut asparagus into 3" lengths and steam lightly.
6. Beat eggs and cream lightly, seasoning with salt and pepper to taste.
7. Sprinkle salmon fillets, asparagus, spring onions, cheese and dill into base.
8. Pour over egg and cream mixture and bake for 25 minutes or until cooked through.