



**NUTRITION** *per serving* 54g carbohydrates 38g fat 23g protein 1637mg sodium | vegetarian

 Calories  
**665**

 Prep & Cook Time  
**25-35 min.**

 Cook Within  
**4 days**

 Difficulty  
**Intermediate**

 Spice Level  
**Not Spicy**



# Artichoke and Mozzarella Mini Quiches

with blistered tomato and spinach salad

## IN YOUR BOX

4 Puff Pastry Dough Squares  
5 fl. oz. Liquid Egg  
4 fl. oz. 2% Milk  
1 oz. Roasted Red Peppers  
2 oz. Baby Spinach  
1 ½ oz. Artichoke Hearts  
1 Shallot  
1 oz. Shredded Mozzarella  
3 oz. Grape Tomatoes

**CONTAINS:** milk, eggs, wheat, soy  
*Packaged in a facility that also packages  
peanut, tree nut, wheat, egg, soy, milk,  
fish, and shellfish ingredients*

## IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
Muffin Tin  
2 Mixing Bowls  
Medium Pan

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Prepare a muffin tin with cooking spray

## WHILE YOU COOK

- Heads Up! Spinach** is used twice.  $\frac{1}{4}$  is added to **mini-quiches** and remaining is added to **salad**.

## FROM THE CHEF

Keeping puff pastry refrigerated until baked is key to getting a puffy crust. For best results, use within 4 days of thawing.

Don't overfill your quiches! It's ok to have a little extra filling left over.

**Did you know...**  
*Open-topped and luxuriously custardy, quiche is thought to have originated in France, but almost every European culture has its own version.*



### 1 Prepare Muffin Tin and Make Egg-Cream Mixture

Place each **puff pastry square** in muffin tin and gently lift and press dough into cups. *Dough should cover bottoms and sides with corners of each dough square sticking over edges.* Refrigerate. While puff pastry chills, combine **liquid egg, milk,  $\frac{1}{4}$  tsp. salt,** and a pinch of **pepper** in a mixing bowl.



### 2 Prepare Ingredients and Make Artichoke Mixture

Coarsely chop **roasted red pepper** and  $\frac{1}{4}$  the **spinach** (reserve remaining for salad). Rinse and coarsely chop **artichokes**. Combine roasted red pepper, chopped spinach, and artichokes in another mixing bowl. Peel and halve **shallot**. Cut into  $\frac{1}{4}$ " slices.



### 3 Fill and Bake Quiches

Remove muffin tin from refrigerator and add half the **cheese** to **puff pastry squares**. Add **vegetable mixture**, followed by **egg-cream mixture**. Top squares with remaining cheese. Roll and crimp quiche edges and place muffin tin on prepared baking sheet to catch any drips. Bake until dough browns and filling is set (doesn't jiggle when pan is tapped), 20-25 minutes. Rest quiches 5 minutes before carefully removing from muffin tin.



### 4 Sauté the Shallot and Tomatoes

When quiches have 10 minutes left to bake, place a medium pan over medium-high heat. Add 2 tsp. **olive oil, shallot,** and **grape tomatoes** to hot pan. Stir occasionally until shallot is lightly caramelized and tomatoes are blistered, 3-4 minutes. Season with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**, remove from burner, and let cool 5 minutes.



### 5 Finish the Salad

Stir in remaining **spinach** to pan with **tomatoes** and **shallots**. Season with a pinch of **salt** and **pepper**. *Spinach may wilt slightly from residual heat—it'll be just as good!*



### 6 Finish the Dish

Serve **salad** on a plate alongside **quiches**.