




NUTRITION *per serving* 95g carbohydrates 88g fat 35g protein 1224mg sodium | CONTAINS gluten, dairy, soy

 Calories
1246

 Prep & Cook Time
30-40 min.

 Cook Within
4 days

 Difficulty
Easy

 Spice Level
Not Spicy



BREAKFAST
Mini-Quiches Lorraine
with apple and arugula salad

IN YOUR BOX

- 4 fl. oz. Liquid Egg
- 6 Bacon Strips
- 1 Shallot
- 4 Puff Pastry Dough Squares
- 2 fl. oz. 2% Milk
- 1 ½ oz. Shredded Swiss Cheese
- 1 Granny Smith Apple
- 2 oz. Baby Arugula
- 1 ½ oz. Golden Italian Dressing

IN YOUR KITCHEN

- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan
- Muffin Tin
- Mixing Bowl

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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 **400 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil
- ❑ Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- ❑ Keeping **puff pastry** refrigerated until baking is key to getting a puffy crust. For best results, use within four days of thawing.
- ❑ **Heads Up! Shallot** is used twice. 1 Tbsp. is added to **quiches** and remaining (to taste) is added to **salad**.
- ❑ **Shallot** brings a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to **salad**.

FROM THE CHEF

A ladle or measuring cup works best to fill muffin tin cups with egg mixture.

If quiches don't release from muffin pan at first, run a spoon around outside edges, and they should come out easily.

Did you know...

Bruce Feirstein published a book in 1982 titled "Real Men Don't Eat Quiche," satirizing the state of masculinity in America. Maybe he sounds a bit (ahem) crusty, but we simply can't relate.



1

Cook the Bacon

Line a plate with a paper towel. Cut **bacon** into ½" dice. Place bacon in a medium non-stick pan over medium heat (no need to preheat) and cook, stirring occasionally, until crisp, 5-8 minutes. Remove bacon to towel-lined plate. Carefully dispose of rendered fat. While bacon cooks, prepare ingredients.



2

Prepare the Ingredients

On a separate cutting board, peel and mince **shallot**. Coat a muffin tin with **cooking spray**. Place each **puff pastry square** in muffin tin and slightly lift and press dough into cups. *Dough should cover bottoms and sides, with corners of each dough square sticking over edges.* Freeze muffin tin. While pastry chills, make quiche filling.



3

Make the Quiche Filling

Combine **liquid egg**, **milk**, 1 Tbsp. **shallot** (reserve remaining for salad), ¼ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl.



4

Fill and Bake the Quiches

Remove muffin tin from freezer and place on prepared baking sheet, in case of drips. Divide **bacon** and **cheese** between cups, then fill cups ¾ full with **quiche filling**. Roll and crimp **quiche edges**. Bake until dough browns and filling is set (doesn't jiggle when pan is tapped), 15-22 minutes. Rest quiches 5 minutes before carefully removing from muffin tin. While quiches cook, make salad.



5

Toss the Salad

Clean mixing bowl used for egg mixture. Peel and core **apple**. Cut into ½" dice. Combine apple, **arugula**, **shallot** (to taste), **Italian dressing**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in cleaned mixing bowl. Toss to coat.



6

Plate the Dish

Place two **mini-quiches** on a plate and serve **salad** on side.