

Asparagus & Leek Spring Quiche

with Goat Cheese & Arugula Salad

In this springtime special, we're making quiche, a type of savory tart with a hearty egg filling. What makes quiche so amazing is the textural contrast between its flaky crust, lightly crispy, crustless top and soft, moist interior. Quiche is also endlessly customizable, making it an ideal dish through which to celebrate seasonality. Here, we're mixing sautéed leek and asparagus into the creamy filling, then topping the mixture with tangy goat cheese before baking the tart in the oven.

Ingredients

- 4 Farm Eggs
- 1 Pie Crust
- 8 Ounces Low-Fat Milk
- 5 Ounces Arugula
- 3 Scallions
- 1 Bunch Asparagus
- 1 Leek
- 1 Lemon

Knick Knacks

- 4 Ounces Goat Cheese
- 2 Ounces Gruyere Cheese
- 1 Shallot

Makes 4 Servings

About 550 Calories Per Serving

Cooking Time: 35 to 45 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp68

1



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Trim off and discard the root ends and upper, dark-green leaves of the leek. Halve the leek lengthwise; thoroughly rinse between the layers with cold water. Medium dice the leek. Cut off and discard the root ends of the scallions; thinly slice the scallions. Snap off and discard the woody ends of the asparagus; cut the asparagus stalks into ¼-inch pieces, leaving the pointed tips intact. Quarter and deseed the lemon. Grate the Gruyere cheese. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra). In a medium bowl, combine the minced shallot and **the juice of all 4 lemon wedges**; season with salt and pepper. Crumble the goat cheese.

2



Cook the vegetables:

In a small pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Add the **leek**. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **scallions** and **asparagus**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Remove from heat.

3



Make the filling & dressing:

While the vegetables cook, crack the **eggs** into a large bowl; beat until smooth. Whisk in the **milk** and **Gruyere cheese**; season with salt and pepper. Add the **cooked vegetables**; stir to thoroughly combine. Set aside. Whisk **2 tablespoons of olive oil** into the **shallot-lemon juice mixture** until well combined.

4



Assemble & bake the quiche:

Place the **pie crust** on a sheet pan. Carefully pour the **filling** into the pie crust; top with **half the goat cheese**. Bake 24 to 26 minutes, or until the crust is browned and the filling is set and cooked through. Remove from the oven and let stand for at least 5 minutes before serving.

5



Make the salad & serve your dish:

In a large bowl, combine the **arugula**, **remaining goat cheese** and enough of the **dressing** to coat the salad (you may have extra dressing). Toss to coat and season with salt and pepper to taste. Serve the **baked quiche** with the **salad** on the side. Enjoy!