

Fall Vegetable & Goat Cheese Quiche

with Arugula-Pear Salad & Lemon Vinaigrette

In this recipe, we're adapting the quiche—a wonderfully versatile, classic tart—to include delicious autumn vegetables. We're combining eggs with sautéed Brussels sprouts and leek, making a custard-like filling with deeply savory and earthy flavors. On the side, we're making a salad with crisp, sweet pear (another seasonal favorite) and peppery arugula. Depending on what's being harvested near you, your pear may be a different color or size from the one pictured, but it can be used in exactly the same way!



Ingredients

- 4 Farm Eggs
- 1 Pie Crust
- 4 Ounces Goat Cheese
- $\frac{3}{4}$ Cup Milk
- 5 Ounces Brussels Sprouts
- 3 Ounces Arugula
- 1 Lemon
- 1 Leek
- 1 Pear

Knick Knacks

- 1 Shallot
- $\frac{1}{3}$ Cup Grated Pecorino Cheese

Makes 4 Servings

About 520 Calories Per Serving

Prep Time: 15 min | Cook Time: 35 to 45 min



For cooking tips & tablet view, visit blueapron.com/recipes/fp184

Recipe #184

1



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Cut off and discard the root end and upper, dark-green leaves of the leek. Halve the leek lengthwise; thoroughly rinse between the layers with cold water, keeping them as intact as possible. Medium dice the leek. Cut off and discard the stem ends of the Brussels sprouts. Pick off and reserve the Brussels sprout leaves until you reach the lighter cores; discard the cores. Peel and mince the shallot. Quarter and deseed the lemon. Crumble the goat cheese. Core and thinly slice the pear; place in a large bowl.

2



Cook the vegetables:

In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Add the **leek**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **Brussels sprouts** and **1 tablespoon of water**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the Brussels sprouts are bright green and slightly softened. Remove from heat.

3



Make the vinaigrette & filling:

While the vegetables cook, in a small bowl, combine the **shallot** and the **juice of all 4 lemon wedges**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined. Set aside. Crack the **eggs** into a large bowl; beat until smooth. Whisk in the **milk** and **all but a big pinch of the pecorino cheese**; season with salt and pepper. Add the **cooked vegetables** and whisk to thoroughly combine.

4



Assemble the quiche:

Place the **pie crust** on a sheet pan. Carefully pour the **filling** into the pie crust. Evenly top with the **goat cheese**; season with salt and pepper.

5



Bake the quiche:

Place the **quiche** in the oven and bake 26 to 28 minutes, or until the crust is browned and the filling is cooked through and slightly crispy on top. Remove from the oven and let stand for at least 5 minutes before serving.

6



Make the salad & serve your dish:

Just before serving, to the bowl of **pear**, add the **arugula** and as much of the **vinaigrette** as you'd like (you may have extra vinaigrette). Toss to combine; season with salt and pepper to taste. Transfer to a serving dish and garnish with the **remaining pecorino cheese**. Serve with the **baked quiche**. Enjoy!