

English Pea & Goat Cheese Quiches

with Pea Shoot & Shaved Parmesan Salad

There are few things more emblematic of spring than sweet, fresh peas. This gourmet recipe uses the crop in two ways: we're baking peas (alongside chard) into our fluffy quiches, which we're pairing with a quick salad of pea shoots. This delectable, seasonal ingredient—the first growths of the pea plant—shines with just a splash of lemon vinaigrette. For a bit of sharpness, we're also adding shaved Parmesan.



Ingredients

2 Farm Eggs
2 Pie Crusts
3 Cloves Garlic
1½ Ounces Pea Shoots
1 Lemon
½ Pound English Peas
½ Bunch Swiss Chard

Knick Knacks

1 Shallot
½ Cup Sour Cream
¼ Cup Crumbled Goat Cheese
¼ Cup Shaved Parmesan Cheese

Makes: 2 servings | **Calories:** about 700 per serving
Prep Time: 15 minutes | **Cook Time:** 35–45 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/824

1



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Shell the peas. Peel and mince the garlic. Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems, keeping them separate. Quarter and deseed the lemon. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a bowl with the juice of all 4 lemon wedges.

2



Blanch the peas:

Add the **peas** to the pot of boiling water and cook 2 to 4 minutes, or until bright green. Drain thoroughly and rinse under cold water to stop the cooking process; transfer to a bowl. Rinse and wipe out the pot.

3



Cook the chard:

In the pot used to cook the peas, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **chard stems**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned and fragrant. Add the **chard leaves**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the chard leaves have wilted. Remove from heat.

4



Make the vinaigrette & filling:

While the chard cooks, season the **shallot-lemon juice mixture** 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; season with salt and pepper and beat until smooth. Add the **sour cream** and **2 tablespoons of water**; whisk until smooth. Add the **blanched peas** and **cooked chard**; season with salt and pepper and whisk until thoroughly combined.

5



Assemble & bake the quiches:

Place the **pie crusts** on a sheet pan, leaving them in their tins. Divide the **filling** between the crusts (you may have extra filling) and top with the **goat cheese**; season with salt and pepper. Bake 18 to 20 minutes, or until the crusts have browned and the filling is cooked through. Remove from the oven and let stand for at least 5 minutes before serving.

6



Make the salad & serve your dish:

Just before serving, in a large bowl, combine the **pea shoots** and **Parmesan cheese**; season with salt and pepper. Add enough of the **vinaigrette** to coat the salad (you may have extra vinaigrette); toss to combine and season with salt and pepper to taste. Serve the **baked quiches** with the salad on the side. Enjoy!