





Ingredients



4 Pasture-Raised Eggs



2 cloves Garlic



1 Persimmon



2 tsps Honey



1 Pie Crust



4 oz Arugula



4 oz Smoked Gouda Cheese



2 Tbsps Sliced Roasted Almonds



½ lb Mushrooms



1 Yellow Onion



1 Tbsp Sherry Vinegar



Prepare the ingredients & marinate the persimmon

- Remove the honey from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 425°F.
- Wash and dry the fresh produce.
- Cut the **mushrooms** into bitesized pieces.
- Halve, peel, and medium dice the
- Peel and roughly chop 2 cloves of garlic.
- Grate the **cheese** on the large side of a box grater.
- Core and medium dice the persimmon.
- In a large bowl, whisk together the honey (kneading the packet before opening), half the vinegar, and 1 tablespoon of olive oil; season with salt and pepper. Add the diced persimmon; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.

2 Cook the vegetables

- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the mushroom pieces in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the diced onion; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the chopped garlic. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **remaining vinegar** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat.



3 Assemble & bake the quiche

- Crack the eggs into a large bowl. Add 2 tablespoons of water; season with salt and pepper. Beat until smooth. Add the **cooked** vegetables and half the grated cheese; season with salt and
- pepper. Stir to combine. • Place the pie crust on a sheet
- pan, leaving it in its tin.
- Add the filling. Top with the remaining grated cheese.
- Bake 24 to 26 minutes, or until the crust is lightly browned and the filling is set and cooked through.
- · Remove from the oven and let stand at least 2 minutes before serving.

4 Make the salad & serve your dish

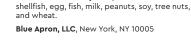
- · Just before serving, add the arugula to the bowl of marinated persimmon. Gently toss to coat. Taste, then season with salt and pepper if desired.
- Serve the baked quiche with the salad on the side. Garnish the salad with the almonds. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 610, Total Carbohydrates: 40g, Dietary Fiber: 2g, Added Sugars: 3g, Total Fat: 40g, Saturated Fat: 16g, Protein: 22g, Sodium: 840mg.

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Produced in a facility that processes crustacean



