

Cheesy Vegetable Quiche

with Ranch-Dressed Broccoli

4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**

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Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

 4 Pasture-Raised Eggs

 2 cloves Garlic

 ¼ cup Sour Cream

 ¼ tsp Crushed Red Pepper Flakes

 1 Pie Crust

 1 lb Broccoli

 3 Tbsps Ranch Dressing

 10 oz Hot Italian Pork Sausage 

 1 Zucchini

 1 Red, Yellow, or Orange Bell Pepper

 2 oz White Cheddar Cheese

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Preheat the oven to 425°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Quarter the **zucchini** lengthwise, then thinly slice crosswise.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Peel and roughly chop **2 cloves of garlic**.
- Grate the **cheese** on the large side of a box grater.



2 Roast & dress the broccoli

- Place the **broccoli florets** on a sheet pan. Drizzle with **2 tablespoons of olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Leaving the oven on, remove from the oven. Carefully transfer to a large bowl. Add the **ranch dressing** and toss to thoroughly coat. Taste, then season with salt and pepper if desired.
- Cover with foil to keep warm.



↻ ADDITIONAL STEP *If you chose Pork Sausage*

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sausage**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 7 to 9 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

3 Cook the zucchini & peppers

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced zucchini** and **diced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.



Step 3 continued:

- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are browned and softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.

↻ CUSTOMIZED STEP 3 *If you chose Pork Sausage*

- Cook the zucchini and peppers as directed, using the pan of reserved fond.

4 Assemble the quiche

- Crack the **eggs** into a large bowl; beat until smooth. Whisk in the **sour cream** and **2 tablespoons of water**.
- Add the **cooked zucchini and pepper**; season with salt and pepper. Stir to thoroughly combine.
- Place the **pie crust** on a sheet pan, leaving it in its tin.
- Carefully pour the **filling** into the crust. Evenly top with the **grated cheese**.



↻ CUSTOMIZED STEP 5 *If you chose Pork Sausage*

- Assemble the quiche as directed, adding the **cooked sausage** to the bowl along with the cooked zucchini and pepper.

5 Bake the quiche & serve your dish

- Bake the **quiche** 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.
- Serve the **baked quiche** with the **dressed broccoli** on the side. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 640, Total Carbohydrates: 32g, Dietary Fiber: 3g, Added Sugars: 0g, Total Fat: 49g, Saturated Fat: 16g, Protein: 18g, Sodium: 730mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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