

Kale & Ricotta Quiche

*with Romaine, Apple,
& Almond Salad*

TIME: 50-60 minutes

SERVINGS: 4

This simple, crowd-pleasing quiche showcases a rich, eggy filling made with ricotta and heavy cream—balanced by hearty sautéed kale folded right inside.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



4
CAGE-FREE
FARM EGGS



1
PIE CRUST



1 cup
PART-SKIM
RICOTTA CHEESE



1
APPLE



1
LEMON



1
ROMAINE
LETTUCE HEART



1 bunch
KALE



2 cloves
GARLIC



½ cup
HEAVY CREAM



2 Tbsps
SLICED ROASTED
ALMONDS



1
SHALLOT



1 Tbsp
CAJUN SPICE
BLEND*



2 Tbsps
CRÈME FRAÎCHE

* Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme, & Cayenne Pepper



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1 Prepare the ingredients:

- ☐ Preheat the oven to 425°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and roughly chop the **garlic**. Peel and thinly slice the **shallot**.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.
- ☐ Quarter and deseed the **lemon**.

2 Cook the kale:

- ☐ In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **chopped garlic** and **sliced shallot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant.
- ☐ Add the **chopped kale**, **heavy cream** (shaking the bottle just before opening), and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until the kale has wilted and most of the liquid has cooked off. Turn off the heat. Season with salt and pepper to taste.



3 Make the filling:

- ☐ Crack the **eggs** into a large bowl. Add the **ricotta cheese**, the **juice of 1 lemon wedge**, and the **spice blend**; season with salt and pepper. Whisk to thoroughly combine.
- ☐ Stir in the **cooked kale**.

4 Assemble & bake the quiche:

- ☐ Place the **pie crust** on a sheet pan, leaving it in its tin. Carefully pour the **filling** into the crust; season with salt and pepper.
- ☐ Bake 24 to 26 minutes, or until the crust is browned and the filling is set and cooked through.
- ☐ Let stand for at least 5 minutes before serving.



5 Prepare the remaining ingredients:

- ☐ While the quiche bakes, quarter and core the **apple**; thinly slice lengthwise. Place in a bowl and top with the **juice of 1 lemon wedge** to prevent browning.
- ☐ Cut off and discard the root end of the **lettuce**; roughly chop the leaves.
- ☐ To make the dressing, in a large bowl, combine the **crème fraîche**, the **juice of the remaining lemon wedges**, and a drizzle of olive oil. Season with salt and pepper to taste.



6 Make the salad & serve your dish:

- ☐ Just before serving, add the **sliced apple** and **chopped lettuce** to the bowl of **dressing**. Toss to combine; season with salt and pepper to taste.
- ☐ Serve the **baked quiche** with the salad on the side. Garnish the salad with the almonds. Enjoy!

