



# Salmon & Asparagus Quiche

## Ingredients

225g (8oz) shortcrust pastry  
175g (6oz) salmon tail fillet, skinned  
and cubed  
100g (4oz) asparagus tips, blanched  
3 eggs  
300ml (1/2pt) Moo milk  
150ml (1/4pt) single cream  
Salt and freshly ground  
black pepper  
1 tsp (5ml ) fresh chopped dill or chives



## Directions

Preheat the oven to 400°F / 200°C / Gas mark 6.

Roll out the pastry on a lightly floured surface and use to line a 23cm (9in) loose bottom fluted flan tin. Line with baking parchment and fill with baking beans then bake blind for 10 minutes.

Remove the beans and paper and arrange the salmon and asparagus over the base of the flan. Whisk together the eggs, milk, cream and seasoning and pour over the salmon. Sprinkle the top with dill or chives.

Reduce the oven to 350°F/180°C/Gas mark 4 and return the flan to the oven for 25 minutes. Serve warm or cold sliced into wedges.



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