

Vegan Quiche Filling



A quiche filling, if you liked to eat it before you turned vegan, has to be fluffy and eggy.

Missing it since you eat vegan? No problem, this is the perfect quiche filling and will hardly give away that it is all plant-based.

You can use the filling for any quiche.

French Onion Quiche, Asparagus Quiche, Tomato Quiche etc etc.

Ingredients

250 g silken tofu

1 lemon (the juice)

3 tablespoons nutritional yeast

1 tablespoon white miso paste

½ teaspoon nutmeg

½ teaspoon Kala Namak

salt, pepper at taste

1 teaspoon tapioca starch

3 tablespoons chickpea flour

garlic at taste

Instructions

- mix in a blender the tofu with the lemon juice, nutritional yeast, nutmeg, kala namak, tapioca starch and at salt and pepper at taste bring it to a smooth paste
- add to the tofu paste the chickpea flour and mix well with a wooden spoon
- add the crushed garlic and the tofu paste to the vegetables, mix well
- this is the basic recipe; depending on the quiche you want to prepare, you may want to add different spices, more garlic, no garlic
- play with the Kala Namak; it really tastes like eggs, so depending on your liking, you want to add more or less Kala Namak to your quiche.