KIKKOMAN

Trout quiche

Total time **120 mins** **120 mins** preparation time

Nutritional facts (per portion):
2,512 kJ / 600 kcal

INGREDIENTS

5 portion(s)

Pie

150 g	cold butter
1.6	cups of plain flour
1	egg
2.5 tsp	Kikkoman Naturally Brewed Soy Sauce

Filling

170 g	rainbow trout or salmon
1 tbsp	lime juice
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
4	eggs
3 tbsp	heavy cream (36%)
10	Cherry tomatoes
1	small red onion
2	radishes
	Salt, pepper

PREPARATION

Step 1

Cut the butter into smaller pieces, add the remaining ingredients and knead the dough. Wrap the finished dough with a cling film and chill in the refrigerator for about 1 hour.

Step 2

Meanwhile, dice the fish. Put it into a glass bowl, add soy sauce and lime juice. Stir it and put it in the fridge.

Step 3

Roll out the cooled dough and place it in a tart tin with a diameter of 24 cm, prick it with a fork. Put it in the fridge for 10 minutes. During this time, preheat the oven to 180 degrees. Take the dough out of the refrigerator, line it with baking paper and load it with beans for example. Bake it for 10-15 minutes, then remove the load and bake it for 5 more minutes. Cool it down.

Step 4

Mix the eggs with the cream, season it with salt and pepper. Cut the cherry tomatoes into halves, cut the radishes and the onion into slices.

Step 5

Arrange the fish on the cooled down bottom, then pour the egg mixture over it. Arrange the tomatoes, radish slices, sprinkle with onion.

Step 6

Bake it in an oven preheated to 175 degrees for about 15-20 minutes.

Step 7

It can be served both hot and cold.