

Italian Minestrone Quiche

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 50-55 minutes

Total Time: 1 hour 5 minutes

Servings: 4

Ingredients

- 1 lb frozen minestrone vegetable mix
- 1/2 onion, finely chopped
- Extra virgin olive oil, as needed
- 1 round sheet puff pastry
- 2 large eggs
- 1 cup milk
- Fine salt, to taste

Instructions

- 1** In a large skillet, heat a drizzle of extra virgin olive oil over medium heat. Add the chopped onion and saute until softened and lightly fragrant.
- 2** Add the frozen minestrone vegetables directly to the skillet. Cook for about 10 minutes, stirring often, until the vegetables soften and most of their excess moisture evaporates. Season with salt to taste.
- 3** Unroll the round puff pastry and place it into a round baking dish, keeping the parchment paper underneath. Press it gently into the pan.
- 4** Spread the cooked minestrone vegetables evenly over the puff pastry and level the surface with a spoon.
- 5** In a bowl, beat the eggs with the milk and a pinch of salt until smooth.
- 6** Pour the egg and milk mixture over the vegetables, distributing it evenly with a spoon.
- 7** Fold the edges of the puff pastry inward to create a rustic border.
- 8** Bake in a preheated oven at **375°F** for **40-45 minutes**, or until the puff pastry is golden and the filling is fully set.
- 9** Let the quiche rest for **10-15 minutes** before removing it from the pan and slicing. Serve warm or at room temperature.

Tips & Tricks

- Use the frozen minestrone straight from the freezer; no need to thaw it first.
- Cook the vegetables well in the skillet before adding them to the pastry, so the quiche does not become watery.
- Since this version uses only milk, the filling will be lighter and softer than a cream-based quiche.
- For a firmer texture, let the quiche cool slightly before slicing.
- You can add grated Parmesan, mozzarella, or provolone if you want a richer flavor.
- This rustic quiche is perfect as a quick dinner, appetizer, picnic dish, or make-ahead lunch.