



# Prawn and chicken quiche (no yolk)

## Ingredients (serves 2)

50 g clean prawns  
50 g skinless chicken breast  
100 ml single cream  
100 g courgette  
50 g onion  
1 clove of garlic  
30 g green pepper  
3 egg whites  
Ready-made pre-cooked puff pastry

## Method

1. Chop garlic, onion, pepper, and courgette. Sauté vegetables in a frying pan with olive oil.
2. Chop the prawns and add them to the vegetables. Do the same with the chicken. Cook while stirring for 2-3 more minutes. Set aside.
3. In a bowl, mix the egg whites, cream, and stir-fried mixture.
4. Fill individual moulds with about 50 g of filling each.
5. Bake in a bain-marie in the oven for 20 minutes at 180° C (or in the microwave at maximum heat for 2-3 minutes). Let cool.
6. Use a cookie cutter or a knife to cut the puff pastry into discs the same shape as the moulds.
7. Remove the baked mixture from the moulds and place each one on top of a puff-pastry disc to assemble mini quiches.
8. Serve.