



1. Preheat oven to 180° C / 350° F.
2. Put the quiche on the counter while the oven preheats.
3. Brush with olive oil
[OPTIONAL but recommended for yam/ potato/spinach topping]
4. Take out a baking tray and parchment paper, or for best results (and minimal risk of flattening) an oven-safe pie plate.
5. Place quiche onto the preheated baking tray.
6. Cook in the center of the oven for the appropriate time (see below to select the correct size), or until golden brown.

	REGULAR	GLUTEN-FREE
5" PERSONAL & MINI QUICHE	45 min	40 min
9" FULL	60 min	50 min
11" FAMILY	1 hr +10 min	60 min

***For the 9" & 11" Quiches:** If the quiche does not "tan" after the suggested baking time, I suggest raising the temperature to 220° C / 400° F and giving it an additional 5-15 minutes so that the sides and the top have browned.

7. Once out of the oven, let rest for 10 minutes before serving.
8. The quiche is ready to eat when warm/lukewarm, however, I recommend baking it a half day / a day before because in the fridge; the flavour stabilizes, and the tastes come out even better.

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All cooking appliances vary so timings are to be used as a guideline only and please adjust times accordingly. Ensure food is piping hot and cooked through prior to serving.

