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Cheesy Broccoli Quiche Adventure

Ingredients for the Crust:

1 1/4 cups all-purpose flour

1/2 teaspoon salt

1/2 cup unsalted butter, cold and cubed

3-4 tablespoons ice-cold water

Ingredients for the Filling:

1 1/2 cups fresh broccoli florets, steamed and chopped

1 1/2 cups shredded cheddar cheese

4 large eggs

1 cup milk

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon ground nutmeg

Instructions:

Prepare the Crust:

- In a mixing bowl, combine the all-purpose flour and salt.
- Add the cold, cubed butter to the flour mixture. Use a pastry cutter, fork, or your fingers to blend the butter into the flour until it resembles coarse crumbs.
- Gradually add the ice-cold water, one tablespoon at a time, and mix until the dough comes together. Form the dough into a ball, wrap it in plastic wrap, and refrigerate for at least 30 minutes.



Roll Out the Dough:

- Preheat your oven to 375°F (190°C).
- On a floured surface, roll out the chilled dough into a circle that's about 12 inches in diameter.

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Line the Pie Pan:

Gently place the rolled-out dough into a 9-inch pie pan. Press it down evenly into the bottom and up the sides of the pan. Trim any excess dough hanging over the edge.

Steam the Broccoli:

Steam the broccoli florets until they're tender, about 5 minutes. Let them cool and chop them into smaller pieces.

Prepare the Filling:

In a bowl, whisk together the eggs, milk, salt, black pepper, and ground nutmeg.

Assemble the Quiche:

- Spread the chopped broccoli evenly over the pie crust.
- Sprinkle the shredded cheddar cheese on top of the broccoli.
- Pour the egg mixture over the broccoli and cheese.

Bake:

Place the quiche in the preheated oven and bake for 30-35 minutes, or until the top is golden brown and the center is set. You can insert a knife into the center; if it comes out clean, it's ready.

Cool and Serve:

Allow the quiche to cool for a few minutes before slicing and serving. Enjoy your cheesy broccoli quiche adventure!

