

ALMOST VEGAN TOFU QUICHE

(inspired by [The Minimalist Baker](#))

1 rectangular pie, 8 x 11 in

for the olive oil crust:

for the pie crust:

250g all-purpose flour (260 grams)

1/8 teaspoon salt

50g olive oil (50 grams)

125 g cold water

for the filling:

12.3 ounces extra-firm silken tofu (patted dry)

2 Tbsp nutritional yeast

3 Tbsp hummus

Sea salt and black pepper (to taste)

1 egg

2 medium zucchini (thinly sliced)

1 Tbs olive oil medium diced onion per 2 leeks)

3/4 cup cherry tomatoes (halved)

1 stalk asparagus

Herbes the Provence (as much as you like)

Make the crust. Whisk together the flour and salt in a large bowl, then add the olive oil, stir with a fork until the flour gets coated with it, forming a crumbly mess. Slowly add cold water and knead gently just until the dough starts to come together. Wrap the dough in plastic and refrigerate one hour before using.

Roll it over plastic wrap lightly coated with flour, then use it to cover a rectangular pie pan (8 x 11 in) with removable bottom (or a 9-inch round quiche pan). Reserve in the fridge until you have the filling ready to bake. No need to blind-bake.

Make the filling. Roast slices of zucchini coated with olive oil and seasoned with salt and pepper for about 15 min in a 420F oven. Reserve. Add drained tofu to a food processor with nutritional yeast, hummus, egg, and a heaping 1/4 tsp each sea salt and black pepper. Process until fully smooth.

Spread the zucchini slices in the bottom of the pie crust. Spread the hummus mixture, gently spreading it over it with a small offset spatula. Distribute the cherry tomatoes over the filling, then the asparagus (if they are too thick, sprinkle them with water and microwave for 60 seconds to soften ever so lightly). Sprinkle Herbes de Provence over the whole surface.

Bake quiche at 375 degrees F total of 30–40 minutes or until the top appears golden brown and firm. If the crust begins to get too brown, loosely tent the edges with foil. Let cool for 10 minutes before slicing.