

Crustless Rice and Zucchini Quiche

🕒 60 Mins - 90 Mins



2/3 cup uncooked rice of your choice (I use basmati)

½ cup plant milk

½ cup water

2 large onions, finely cubed

2 cloves garlic, finely cubed

4 1/2 medium-sized zucchini (of 8" length), finely sliced

1 tablespoon Italian Seasoning

¼ cup dried parsley

3/4 cup cashew parmesan

1 teaspoon tomato paste

Salt and pepper

1-2 tablespoons vegan butter

2 tablespoons Nutritional Yeast

For the 'egg'-mixture:

1 cup chickpea flour

1 cup water

½ teaspoon kala namak (for a hint of eggy flavour)

For the cashew parmesan:

1 cup roasted and salted cashews

1/3 cup nutritional yeast

1 teaspoon shiro miso (optional)





Cooking Instructions

Parmesan: Mix all roasted cashews, nutritional yeast and shiro miso in a blender until the mixture has the texture of grated parmesan. If you use unsalted cashews, add a teaspoon of salt to the mixture. I recommend you double or triple the recipe, it keeps in the fridge and you'll want to use it in other dishes, too.

You can use leftover rice for this, but if you don't: cook rice according to instructions in plant milk and water. Fry the zucchini slices in batches in a pan in hot oil until they're soft and start to brown. You can let the zucchini slices drain on paper towel. Sauté onions and garlic in the same pan.

Preheat oven to 200C/390F.

For the 'egg'-mixture: Mix kala namak and chickpea flour in a bowl. Add the water and whisk until the mixture is smooth and starts to get a little foamy. Add the cashew parmesan and mix well.

Mix cooked rice, parsley, tomato paste, seasoning and onions in a big bowl. Salt and pepper to taste. Add the 'egg'- mixture. Be aware that uncooked chickpea flour has a strong, unfamiliar taste that will disappear after cooking. It makes it difficult to taste the uncooked mixture, you might want to rely on your experience or salt and pepper before you add the 'egg'-mixture. Add the fried zucchini slices, mix everything well and fill the mixture in a greased springform tin. Sprinkle with the nutritional yeast, garnish with flakes of butter and bake at 200C/390F for about 50 minutes.

If the quiche browns to quickly, cover the form with tinfoil.

It's done when the center is firm to the touch.

Serve hot or warm with carrot salad and (vegan) sour cream. I love to eat it when it's cold, it gets an almost meat-loaf like taste and texture after a night in the fridge.