



# VEGAN MUSHROOM & LEEK QUICHE W/POTATO CRUST & THYME CREAM SAUCE

## INGREDIENTS

## DIRECTIONS (1)

*Tip# 1: Soak the cashew nuts overnight with double the amount of filtered or purified water – 1: 2 ratio.*

*Refrigerate if soaking overnight.*

*Soak for a minimum of 4 hours on top of the counter.*

*For FAST prep boil filtered water and pour over the cashew nuts – leave for 1 hour at room temperature.*

*\*Drain the soaking water and rinse well before adding the nuts to the composition.\**

### Potato Crust Ingredients:

3 large white potatoes  
1/3 cup (79 ml) – plant-based milk  
¼ cup (30 g) – tapioca flour  
½ tsp (2 g) – pink salt (or  
celtic salt recommended)

### Potato Crust Prep:

#### Step 1

Clean and peel the potatoes.

#### Step 2

Slice them thinly using a knife or madonline.

#### Step 3

Add the sliced potatoes to a glass bowl along with the rest of the potato crust ingredients.

Mix well using your hand, silicone paddle or a spoon until each potato slices are well coated with the flour and milk.

#### Step 4

Pre-heat oven at 400°F (200°C).

Prepare an 8-inches Deep Round Quiche Pan (removable bottom recommended). Arrange the potato slices in the pan, starting with the bottom of the pan. Start in the middle working your way out, overlapping one slice at the time as you go (fill in the gaps the best possible). Use the same method covering the edge of the pan.

(Larger potatoe slices recommended for the bottom, and smaller for the side of the pan).

#### Step 5

Bake the potatoe crust for 15 minutes until they are partially cooked only. (During the crust bake start the prep of the filling – see next page).

#### Step 6

Remove from oven after 15 minutes and set aside, ready to fill with the mushroom and leek mixture.

**PREP TIME: 15 MIN.**

**COOKING TIME: 40 MIN.**

**TOTAL TIME: 55 MIN.**

**SERVES: 8-10**

**VEGAN**

**GLUTEN-FREE**

**OIL-FREE**

**SOY-FREE**

**SUGAR-FREE**

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### INGREDIENTS

#### *Mushroom & Leek Filling Ingredients:*

- 2 large - org leek stalks
- 4 large cloves - org garlic
- 0.5 lbs (226 g) - org crimini mushrooms (or button)
- 0.1 lbs (50 g) - org shitake mushrooms (optional)
- 1 cups (140 g) - raw org cashew nuts (pre-soaking measurements)
- \*Soak as per Tip# 1 instructions
- ½ cup (120 ml) - org coconut cream (full fat)
- ¼ cup (30 g) - garbanzo bean flour (or chickpea flour)
- 1 tbsp (15 ml) - coconut aminos
- 1 tbsp (7 g) - flax seed meal (or ground flax seeds)
- 1 tsp (4 g) - lemon juice
- 1 tsp (4 g) - org sweet smoked paprika
- ¼ tsp (1 g) - org turmeric powder
- ¼ tsp (1 g) - org Adobo seasoning (mix or garlic powder, onion powder, oregano, bay leaf, turmeric salt, pepper)
- ¼ tsp (1 g) + ¼ tsp (1 g) - pink salt (or celtic salt recommended)

### DIRECTIONS (2)

#### *Mushroom & Leek Filling Prep:*

##### Step 1

In a high-speed blender, add the following ingredients:

- soaked cashews
- coconut cream
- garbanzo bean flour
- flax seed meal
- salt (1/4 tsp)
- lemon juice

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high. No need to scrape sides - the consistency is wet enough to facilitate the blending process. The cashew cream mixture is smooth and creamy after 1 minute max of blending. Set aside.

##### Step 2

Clean mushrooms and leek stalks (remove the dark green leaf ends). Slice thinly, and aside.

##### Step 3

Clean and press the garlic cloves (or dice thinly by hand), adding them to a medium sized sauce pan on the stove top. Add the coconut aminos, and cook on medium heat for 10 - 15 seconds stirring continuously. Add the sliced mushrooms and leeks, stirring continuously. Next, add all the seasonings - smoked sweet paprika, adobo seasoning, turmeric, and salt (1/4 tsp). Continue cooking on medium heat for 5 minutes, stirring occasionally. Add the cashew cream to the cooking mushrooms and leeks, and stir slightly to incorporate. Remove from the stove.



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### DIRECTIONS (3)

#### *Mushroom & Leek Filling Prep continuing from page 2:*

##### Step 4

Turn down the oven setting from the 400°F (200°C) to 350°F (180°C). Potato crust should be ready at this stage of cooking the filling (see page 1).

##### Step 5

Add the creamy mushroom - leek composition to the half way cooked potato crust and place back in the the oven, baking at 350°F (180°C) for 25 more minutes.

*(During the quiche bake start the prep of the thyme cream sayce - see next page).*

##### Step 6

When quiche is done, the potato tops look slightly browned/ baked and filling cooked through.

Remove from the oven and set aside to cool down before serving.



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### INGREDIENTS

#### *Thyme Cream Ingredients:*

½ cup (120 ml) – org coconut cream (full fat)  
5 – 6 – fresh org thyme sprigs  
¼ tsp (1 g) – pink salt (or celtic salt  
recommended)

### DIRECTIONS (4)

#### *Thyme Cream Sauce Prep:*

#### Step 1

While the quiche is baking in the oven, start the prep of the thyme cream sauce.

Add coconut cream, thyme sprigs, and salt to a small sauce pan and bring to a boil on low.

Simmer for 3 minutes, set aside to rest and cover with a lid.

During this resting process, the thyme will further infuse the cream.

#### Step 2

After 10 minutes of resting the sauce, strain thoroughly, and refrigerate until serving.

Once cooled down and ready to serve the quiche, remove from the pan, and add to a serving plate.

During the individual serving, pour the cold thyme cream sauce on top on each slice, and serve!

*Enjoy while warm!*

*Notes: You can refrigerate the leftovers and consume them within up to 3 days.*