

## Courgette and fromage frais quiche



### Ingredients

- 200 g Pur Natur fromage frais
- 600 g courgettes
- 2 red onions
- 1 clove garlic
- a bunch of dill
- 3 eggs
- 1 sheet of puff pastry
- salt and pepper
- a knob of Pur Natur fresh churned butter

### Instructions

Dice the courgettes and finely dice the garlic. Slice the red onions. Sauté in some butter for a few minutes over medium heat until translucent. Transfer the vegetables to a mixing bowl. Stir in the fromage frais and the beaten eggs. Chop the dill and add. Season with salt and pepper. Preheat the oven to 180°C.

Line a tart tin with the pastry sheet. Prick with a fork, then pour in the vegetable mixture. Bake for 30 min. Serve.