

# Sausage + Asparagus Quiche

Adapted from [Real Food By Dad](#)

## FOR THE DOUGH:

1 1/2 cups all-purpose flour, plus extra for dusting  
2-3 tbs. ice water  
1 large egg, lightly beaten  
1/2 cup cold butter, cubed  
1 tsp salt

## MAKE THE DOUGH:

Preheat oven to 350 degrees F.

In a food processor, process flour, salt, and butter, until it resembles fine bread crumbs.

Add the lightly beaten egg and 2 tbs of the ice water, and process until it starts to clump.

Transfer to a floured surface and knead a few times, until it all holds together. Don't handle it too much - you want everything to stay cold.

Roll into a ball, flatten slightly, and cover in plastic wrap. Refrigerate for at least half an hour (or up to a few days). You can also put in a freezer bag, and freeze for a few months.

## BLIND BAKE THE CRUST:

On a floured surface, roll out pie crust to fit your container - 11" x 7.5" removable bottom tart pan (as seen in the pictures) or into a 9" round tart pan.

Line shell with baking paper and fill with pie weights or raw rice.

Bake for 15 minutes until beginning to brown. Remove rice and place the tart shell back in the oven for 5 minutes until golden. Allow shell to cool slightly before adding filling.

## ASSEMBLE & BAKE THE QUICHE:

Raise oven temperature to 375 degrees F.

Place cooked sausage, eggs, cream, milk, cheese, broccoli, salt and pepper in a bowl and whisk to combine. Pour mixture into prepared pan.

Pat defrosted asparagus dry, and place into mixture to create a pretty pattern. Scatter grape tomatoes on top.

Bake for about 30 minutes or until the center is firm. Let cool for about 10 minutes before serving.

## FOR THE FILLING:

2 3oz. sweet Italian sausage links, case removed, sausage cooked and cooled  
1/2 cup heavy cream  
1/2 cup whole milk  
3 large eggs, lightly beaten  
1 cup sharp cheddar cheese, shredded  
1 tsp. salt  
1 tsp. black pepper  
1 head broccoli, florets finely chopped  
1/2 pkg. frozen asparagus spears, defrosted  
8-10 grape tomatoes, halved