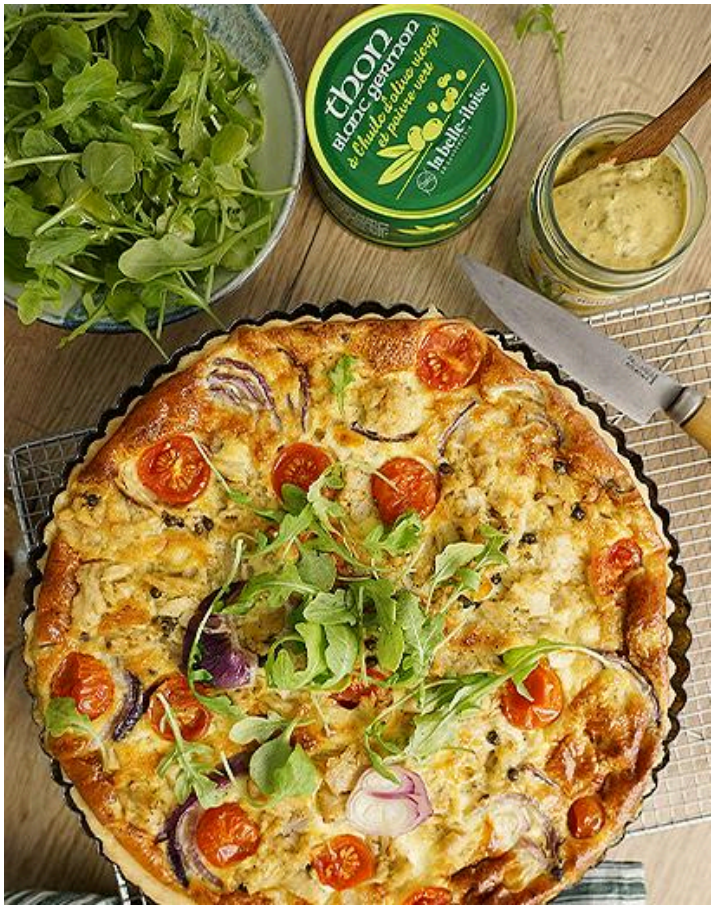
Quiche with **Tuna and green pepper**





6 people | 10 min preparation time | 30 min cooking time

All ingredients

1 tin of 160g la belle-iloise Tuna in olive oil and green pepper
3 teaspoons la belle-iloise seaweed and lemon Mustard
1 shortcrust pastry
4 eggs
200 ml of single cream
100g grated Gruyère cheese
8 cherry tomatoes
1 red onion

Steps

1- Preheat the oven to 180°C
2- Beat the eggs with a fork. Add the crème fraîche, a pinch of salt and pepper, and mix everything together with a whisk
3- Drain the tuna and flake it onto a plate using a fork. Peel and finely chop the onion. Cut the cherry tomatoes in half
4- Spread the shortcrust pastry in a pie dish. Brush the bottom of the pie with mustard
5- Add the tuna, onion, tomatoes and beaten eggs and sprinkle with grated cheese
6- Bake for 30 minutes, bon appétit!