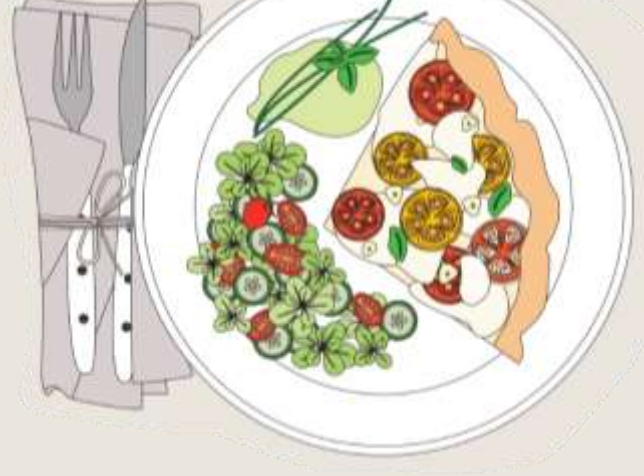


## Tomato Mozzarella Quiche with Herb Quark

Serves 4

Approximate preparation time: 40-50 minutes



Quantity	Ingredients	Preparation
<b>Tomato and mozzarella quiche</b>		
3 g	pepper	<p>Knead the wheat flour, butter, egg, salt and water into a dough. Shape the dough into a loaf and chill for 20 minutes.</p> <p>Cut the tomatoes into slices, season with oil, pepper, salt and garlic in a bowl.</p> <p>Roll out the dough and line the baking pan with it. Afterwards, lay crème fraiche, the tomatoes and sliced mozzarella on top the dough.</p>
1 clove	garlic	
1 pinch	salt	
0.7 dl	water	
110 g	mozzarella	
160 g	crème fraîche	
1	egg	
3 g	salt	
160 g	wheat flour	
400 g	fresh tomatoes	
80 g	butter	
1 tbsp	olive oil	
<b>Herb dip sauce</b>		
6 g	fresh chives	<p>Finely chop the chives, parsley and garlic.</p> <p>Mix with low fat quark, cheese and yoghurt in a bowl and season.</p>
60 g	yoghurt	
120 g	low-fat quark	
6 g	parsley	
2 pinches	pepper	
3 g	salt	
1 clove	garlic	
<b>Emma's Salad</b>		
1 tsp	mustard	<p>Mix olive oil, mustard, vinegar, salt, pepper and chives into a dressing.</p> <p>Cut the tomatoes and cucumbers into medium sized cubes. Prepare lamb's lettuce, add tomatoes and cucumber to the dressing.</p>
1	fresh tomato	
1 tbsp	wine vinegar	
1	fresh cucumber	
2 tbsp	olive oil	
120 g	fresh lamb's lettuce	
3 pinches	pepper	
2 tbsp	vinegar	
7 g	fresh chives	
3 g	salt	

### Fun fact:

Mozzarella provides about the same amount of protein as the same amount of beef.