

THE TURQUICHE



WHAT IS A TURQUICHE?

An amazing recipe that is both healthy and delicious while using all your favourite quick fillings!

WHY IS IT SO GOOD?



- It's great for both a meal and a snack!
- Delicious hot or cold!

Don't forget to post your creations on our Facebook Wall or share it with us on Twitter & Instagram - @athleatuk.

- A great recipe to share with friends and family, everyone will love this Turquiche.
- It's the perfect meal to #cheatclean.



- Paleo diet friendly.
- Full of protein.
- Low carbs (depending on your Turquiche fillings you choose).
- Something to snack on OVER the next few days.

We trialled and tested many recipes, and we wanted to share with you our favourite from the bunch!

There are no limits to the possible fillings you could have in your Turquiche, be creative!

We went for turkey breast, bacon, tomatoes, leaf spinach and grated cheese.

What will you choose?

The ingredients you will need for the Turquiche...

400g x Turkey breast or mince
(Chicken works well too)
4 x Rashers smoked back bacon
1/2 x Medium onion, chopped
6 x Vine tomatoes
2 x Handfuls of flat leaf spinach
1 x tsp Thyme
1 x tsp Sage
1 x tsp Butter
6 x Eggs

Optional:
Grated Cheese, Sour Cream

Preheat oven to 356°F/180°C. Season the turkey well in a food processor and blend until smooth. Grease a pie dish with the butter and line the tray with the turkey. Place in preheated oven for 10 minutes. Whilst the base is cooking, fry the bacon and onion until the onion is soft. Beat the eggs and mix in the sage and thyme. Remove the case from the oven and begin to fill.

Layer the spinach on the bottom of the case and add the halved tomatoes. Add the onion mix and pour in the egg mixture with a touch of milk or sour cream if desired. Depending on your primal persuasion, this is the chance to add a handful of grated cheese.

Put in the middle of the preheated oven for 20 minutes until golden brown. Serve hot or cold with a large green salad and homemade coleslaw or put it in the fridge for something to snack on over the next few days.

THE PROCESSING...



THE BASE...



THE ONION MIX...



THE FILLING...



THE COOKING...



THE EATING...



PROTEIN
28g
per slice

FATS
9.8g
per slice

CARBS
1.5g
per slice