

Quiche with Pumpkin Crust



8 Ingredients, 6 serves, 40 Minutes Total Time

1/4 cup water

4 eggs

3 cups Japanese Pumpkin

1 spring onion (chopped)

100 grams pork (sausage, or other sausage of your choice)

2 tablespoons oil*

1/2 chilli pepper (fresh) (diced green, or chilli salsa)

1/4 cup milk of choice

Instructions

- Preheat oven to 400F/200C.
- Heat a large frying pan to medium heat.
- Break sausage into 1/2" pieces and cook until browned.
- Move to a paper towel to cool.
- Peel the pumpkin, cut it in half and scrape the seeds from the core.
- Cut into large chunks and feed into a large food processor with the shredder attachment affixed.
- Move 3 cups of the shredded pumpkin to a large bowl (store the rest in the fridge, use raw on salads or in a breakfast hash) and mix with oil.
- Press pumpkin into the shape of a crust in a 9-inch pie pan or cast-iron pan.
- In a separate bowl, mix sausage, eggs, milk, water, green chilli, spring onion
- Optionally add a pinch of nutmeg and 1/2 cup of shredded cheese (parmesan or pecorino romano for SIBO).
- Whisk well until mixture is light and fluffy.

- Pour over the pumpkin and cook for 30-35 minutes, or until top is golden brown
- Serve immediately.

Warnings

**JAPANESE PUMPKIN: SIBO phase 1 allows 1 veg serve per meal, 1/4 cup pumpkin = one serve. SIBO phase 2 allows 1/2 cup per meal, and 1-2 veg servings per day.

**SPRING ONION: Use the GREEN part only for SIBO & FODMAP Diets

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

**CHILLI PEPPER (FRESH): 11cm, 28g maximum serve per meal for SIBO phase 1 & 2

**MILK OF CHOICE: There are milk varieties to suit all diets: dairy free, lactose free, nut free etc - choose the one that is right for you

Nutritional Information (per serving)

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| Calories | 139 |
| Total Fat | 9g |
| Saturated Fat | 4g |
| Cholesterol | 120mg |
| Sodium | 53mg |
| Total Carbohydrate | 5g |
| Dietary Fibre | 1g |
| Sugars | 2g |
| Protein | 8g |
| Calcium | 33mg |
| Iron | 1mg |
| Magnesium | 19mg |
| Phosphorus | 135mg |
| Potassium | 333mg |
| Vitamin C | 6mg |
| Thiamine | -- |
| Riboflavin | -- |
| Vitamin B6 | -- |
| Vitamin E | 2mg |