

Upside-Down Andouille Quiche

We love a classic quiche, but sometimes we want something with a little more oomph. When the test kitchen shared a recipe with Andouille sausage, we knew we'd have a winner. Cooked up with sweet potatoes and a tender pie crust, it's a recipe we just love.

40 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Casserole
Dish (or Loaf Pan)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Andouille Sausage
Sweet Potatoes
Cajun Mirepoix
Egg & Cream
Pie Crust

Good to Know

Health snapshot per serving – 870 Calories, 32g Protein, 56g Fat, 60g Carbs, 27 Freestyle Points.

Lighten Up snapshot per serving – 665 Calories, 42g Fat, 43g Carbs, 20 Freestyle Points with half the pie crust.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Andouille Sausage, Sweet Potatoes, Pie Crust, Egg, Cream, Onion, Red Pepper, Fennel.

meez*meals*

1. Getting Organized

Preheat your oven to 400 and coat a casserole dish with cooking spray or lightly brush inside with olive oil.

2. Heat the Andouille Sausage

Slice the **Andouille Sausage** in half the long way and cut each into 1/4" half-moon slices. Transfer to a large skillet over high heat. Sauté until the sausage starts to brown, about 2 to 3 minutes.

Use a slotted spoon to transfer the Andouille to the casserole dish. Do not wipe out the pan.

3. Sear the Veggies

Add the **Sweet Potatoes** to the now-empty skillet over high heat. Cook until the sweet potatoes begin to char, about 3 minutes. Add the **Cajun Mirepoix** and cook until those veggies start to brown, about 3 additional minutes. Remove from the heat.

4. Combine and Bake

Pour the **Egg & Cream** over the Andouille and top with the cooked vegetables. Make sure the vegetables are spread out evenly, then top with the **Pie Crust**. (Cover the entire surface, overlapping the piece if needed).

Bake for 20 to 25 minutes, until the pie crust is golden brown.

Remove from oven and let cool for at least 5 minutes before serving.

5. Serve and Enjoy

Portion the quiche onto plates and enjoy!

Quiche is traditionally baked in a pie pan, but we like a rectangular dish for this recipe to match the shape of the pie crust.

After you pour the egg mix, make sure the veggies are not all clumped up in one spot in the pan.

Letting the quiche cool down for a bit allows it to finish cooking and hold together for serving.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois