

Easy Spinach and Ricotta Quiche Recipe for the Perfect Sunday Brunch

The ricotta creates a "soufflØ-like" lift that you just don't get with heavy cream alone.



OVEN
375°F

TIME
10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Crust 1:

9-inch Pie Crust: You can use your favorite homemade shortcrust pastry or a high-quality store-bought version for a time-saving shortcut.

For the Filling:

DIRECTIONS

1. Steps for the : Recipe
2. Prep and : Blind Bake
3. PrerØglage your oven to
4. 375°F (190°C)
5. . Place your crust in a quiche or tart pan. Use a fork to prick the bottom (this prevents air bubbles). To ensure the crust stays crisp and doesn't get soggy from the ricotta, "blind bake" it for about 10 minutes before adding the filling.
6. SautØ the Aromatics
7. In a large skillet, heat the olive oil over medium heat. SautØ the diced onions until they are soft and translucent. Stir in the minced garlic and cook for another 30 seconds until fragrant. Add the chopped spinach and cook just until wilted. Remove from heat and drain any excess liquid-this is crucial to avoid a watery quiche!
8. Mix the : Custard
9. In a large mixing bowl, whisk together the ricotta, heavy cream, eggs, parmesan, thyme, salt, and pepper. Whisk until the mixture is smooth and the ricotta is well incorporated.
10. Combine and : Assemble
11. Fold the cooled spinach and onion mixture into the egg and cheese base. Pour the entire filling into your pre-baked crust.
12. The : Topping and Final Bake
13. Evenly sprinkle the shredded mozzarella over the top. Place the pan in the oven and bake for
14. 35-40 minutes

15. . You are looking for a beautiful golden-brown top and a center that is set (it shouldn't jiggle like liquid when moved).
16. Cool and : Serve
17. Let the quiche rest on a wire rack for at least 10 minutes. This "carry-over" cooking time allows the custard to fully set, making it much easier to slice clean wedges.

SWAPS & NOTES

The Cheese: If you don't have mozzarella, Gruyère or Swiss cheese are fantastic alternatives that add a nutty depth.

Swiss chard or kale work beautifully, though you should sauté them a bit longer to ensure they are tender.

Crustless Option: If you are watching your carbs, you can turn this into a "crustless quiche" by heavily greasing your pie dish with butter and pouring the filling directly in.

It's a great alternative to the viral cottage cheese pancake for those who want a more traditional savory flavor.

TIPS FOR SUCCESS

Squeeze the Spinach: Even after sautéing, spinach holds onto a lot of water.

I like to press it against a fine-mesh sieve or wrap it in a clean kitchen towel to squeeze out every drop of moisture.

Room Temp Eggs: Using room temperature eggs helps the custard emulsify better with the ricotta.

Don't Overbake: The quiche will continue to firm up as it cools.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-spinach-and-ricotta-quiche-recipe-for-the-perfect-sunday-brunch/>