

Kicherquiche mit Tartar, Blumenkohl & Oliven

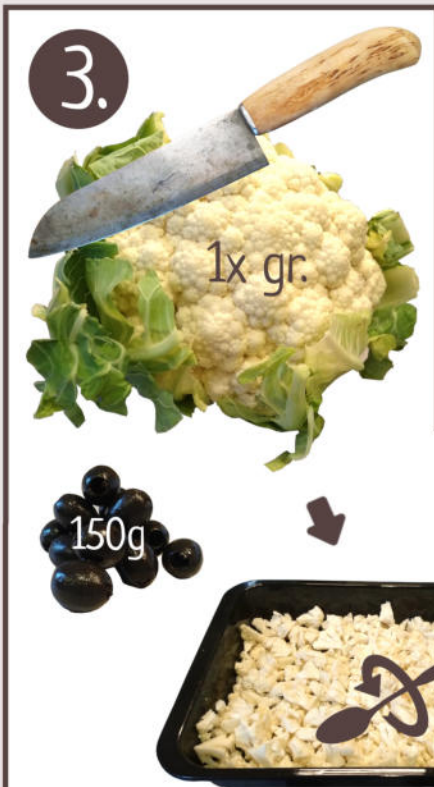
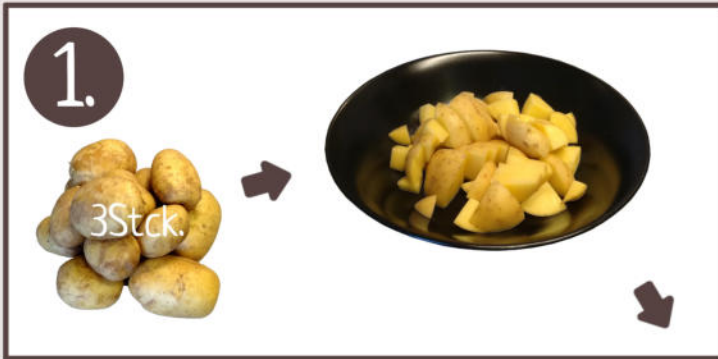
natur satt®



25 min

65 min

ergibt 6 Portionen



- 1 großer Blumenkohl
- 650g Tartar (Metzger)
- 3 große Kartoffeln
- 450g Kichererbsenmehl
- 750ml Wasser
- 6EL Zitronensaft
- 150g Oliven (kernlos)
- Salz & Pfeffer