Mini bacon quiches

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
Portions	12
Appliance	Combair SE from 2015

Preparation

1 sprig of parsley

250 g low-fat quark

2 eggs

2 tbsp Sbrinz cheese, grated

½ tsp salt

Pepper, freshly milled

Finely chop the parsley. Mix all the ingredients for the filling together.

60 g bacon, diced

100 g courgette, equivalent to one small courgette

Dice the courgette. Dry-fry the bacon in a frying pan and then set aside. Briefly fry the courgette in the same pan.

Mix the courgette and bacon into the quark filling.

(Pre-)heat cooking space to 200 °C with Top/bottom heat

2 packs shortcrust pastry, rolled-out, rectangular, about 500 g

Grease the muffin tin or line with paper muffin cases. Cut out 12 rounds about 11 cm in diameter from the shortcrust pastry. Press the rounds into the cups and prick lightly with a fork. Spoon about 1.5 tbsp of filling into each cup.

Put the muffin tin on the wire shelf in the preheated cooking space. Bake.

Put the pastry in

Top/bottom heat 200 °C for 30 Mins

Serve the mini bacon quiches lukewarm.

Tips

Garnish each mini quiche with a cherry tomato before baking.

Accessories

Muffin tin with 12 cups

Wire shelf

Additional information

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