



Mini bacon quiches

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制备过程	30 分钟
烘烤的时间	30 分钟
时间：烘烤时间取决于机器	
份	12
电器	Combair SE 自 2015 年

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.

将发酵桶预加热 顶部加热/底部加热 到 **200 °C**

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.

放入糕点

在 顶部加热/底部加热 期间为 **200 30 分钟°C**

Serve the mini bacon quiches lukewarm.

小费

Garnish each mini quiche with a cherry tomato before baking.





配件

Muffin tin with 12 cups

Wire shelf

附加信息

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