Mini bacon quiches

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 12

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.

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.

Sæt bagværket ind

Serve the mini bacon quiches lukewarm.

Tips

Garnish each mini quiche with a cherry tomato before baking.

Tilbehør

Muffin tin with 12 cups

Wire shelf

Yderligere oplysninger

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