



Mini bacon quiches

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
מנות	12
התקן	Combair SEP 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.

עצות

Garnish each mini quiche with a cherry tomato before baking.





אביזרים

Muffin tin with 12 cups

Wire shelf

