



RECIPE

CARD

Extra Cheesy Mini Quiches

Ingredients

- 3 white Tortilla Wraps
- Frylight or oil
- 1 small Red Onion
- 2 slices of Ham
- 3 Cherry Tomatoes
- 5 large Eggs
- 150g Cheese



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RECIPE

CARD

Method



- 1** Carefully chop the onion into small pieces. Put some oil or spray some Frylight in a frying pan and carefully fry the onions until they soften.
- 2** Prepare your muffin tin by spraying fry light on the edges of the separate muffin compartments, as well as on the bottom of them. This will stop your quiches from sticking to the tin.
- 3** Prepare the base of your mini quiches by folding a tortilla wrap in half. Press down so you can see a fold line before using a knife to cut down it carefully. Chop each half into quarters.
- 4** Slice the point of the triangle (just the end bit) off each quarter so the edges are flat. Then cut each half in half again. Repeat this process until you have used up two and a half tortilla wraps.
- 5** Layer three of these pieces of tortilla wrap into each muffin compartment. This will form the base of your quiches. The pieces of tortilla should overlap so there are no holes in the bottom or around the edge of the quiche bases.
- 6** Repeat until you have created all six quiche bases.
- 7** Now it's time to prepare the ingredients. Grate the cheese with a cheese grater. Move it to one side.
- 8** Chop the ham into small pieces. Chop the tomatoes into halves.

RECIPE

CARD

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- 9 Create your egg filling by cracking 5 eggs into a bowl.
It's a good idea to crack each egg into a cup first to make sure you don't get any shell in your mixture. Beat the egg well with a fork to mix up the yolks with the whites.
- 10 Next you're ready to construct your quiches. To make them extra cheesy, sprinkle a small amount of cheese into the bottom of each quiche base. Then add a spoonful of red onions, sharing them out between the 6 quiches. Add the ham and the tomatoes too.
- 11 Pour the egg mixture carefully into the quiches. Keeping a gap at the top for you to sprinkle on some more cheese. Do this really slowly as you don't want the quiche cups to overflow. Share the egg mixture out equally between the six quiche cups.
- 12 Lastly sprinkle the rest of the cheese onto the quiches.
- 13 Put the quiches into the oven and bake for approximately 20 minutes. When they are done, the cheese will be lightly browned and bubbling on top.
- 14 When they are cooked, carefully take them out of the oven and allow to cool until warm, before transferring onto a cooling rack.