



Air Fryer Crustless Quiche

Serves 4

Ingredients:

- 3 large eggs
- 150g cottage cheese
- 80g cheddar cheese
- any of the following: cooked vegetables, olives, tomatoes, sun-dried tomatoes, spring onions
- fresh/dried herbs (parsley, chives, basil, oregano)
- salt and freshly ground black pepper, to taste

Method:

1. In a bowl mix the eggs, cottage cheese, herbs and grated cheddar cheese
2. Mix in chopped, extra ingredients
3. Add salt and pepper to taste
4. Spoon into a baking dish
5. Put in an Air fryer basket
6. Air fry at 175°C for about 10-15 minutes

