

## INGREDIENTS

- 2 eggs
- 3-4 tbsp (45ml-60ml) of heavy cream (or milk)
- 1 rasher bacon (diced)
- 1 tbsp (15ml) cheddar cheese, (finely grated)
- ½ salmon fillet (optional)
- Parsley
- Garlic powder
- Onion powder

## INSTRUCTIONS

- 1) Turn on air fryer to 180 degrees
- 2) In a bowl whisk together egg and cream
- 3) Add diced bacon
- 4) Slice parsley and add into the bowl
- 5) Add a sprinkle of garlic & onion powder
- 6) Lightly grease a 5" (13cm) ceramic quiche dish
- 7) Pour in the egg mixture
- 8) Top with grated cheddar cheese
- 10) Cook in air fryer at 180C for 8 minutes

## NOTE

- 1) Add salmon if desired



## Bacon and Egg Quiche



1-2 servings



15 Minutes

The perfect air fryer recipe for breakfast, brunch or lunch.

This dish can be made with many variations and is a great way to utilize leftovers in your fridge. Enjoy!