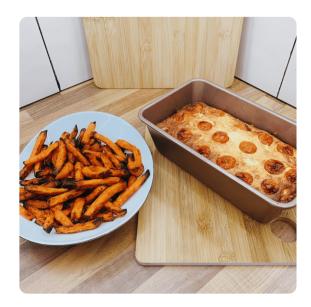
# **Crustless Quiche & Sweet Potato Fries**



## **Ingredients**

- 1 tbsp oil
- 6 eggs
- 100g soft cheese
- 40g cheddar cheese, grated
- 200g cooking bacon, diced
  - 1 onion, finely diced
  - 1 pepper, finely diced
- 1 tsp each salt and pepper
  - 8 cherry tomatoes

#### For the sweet potato fries

- 2 sweet potatoes
- 2 tablespoons oil
- 2 tbsp paprika

### **Methods**

- 1. Heat oven to 180c.
- **2.** Add the oil to a large frying pan and add the bacon, cook for 2 minutes.
- Add in the onions, cook for another 4 minutes.
  - 4. Crack the eggs into a bowl.
- 5. Season with the salt and pepper and whisk well.
  - Add the soft cheese and stir until combined.
    - Add in half the grated cheese.
- **8.** Pour the bacon mix into a piece of kitchen towel and allow to cool slightly.
- When cooled add to the cheesy egg mix and stir well.
- 10. Oil a loaf tin and pour in the mix.
- Top with the cherry tomatoes, peppers and remaining cheese.
  - 12. Bake for about 20 minutes until set.
  - 13. Serve with the sweet potato fries.

### Let's make the sweet potato fries:

- 1. Peel then cut the sweet potato horizontally as thick or thin as you'd like your sweet potato fries to be.
- In a large bowl, mix the oil, and paprika until everything is well combined.
- **3**. Toss in the cut sweet potatoes and mix around using your hands or a spoon until all of the sweet potatoes are well coated.
- 4. Air fry at 180°c for 10 minutes, then give them a good shake and increase the heat to max (mine is 240°c) for a further 4 minutes.