

# 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.
3. 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.
6. Add the soft cheese and stir until combined.
7. Add in half the grated cheese.
8. Pour the bacon mix into a piece of kitchen towel and allow to cool slightly.
9. When cooled add to the cheesy egg mix and stir well.
10. Oil a loaf tin and pour in the mix.
11. 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.
2. 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.