



## Air Fryer Quiche

### Description

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This super easy Air Fryer Quiche recipe is made with mini tart shells and a creamy egg filling loaded with broccoli, ham and Swiss cheese!

- **Prep Time:** 10 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 30 minutes
- **Yield:** 12

### Ingredients

- 12 mini frozen tart shells (3-inch size)
- 3 large eggs
- 1/3 cup cream
- 1/2 cup chopped broccoli
- 1/2 cup diced cooked ham
- 1/4 cup finely grated Swiss cheese
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper

### Instructions

1. Thaw tart shells at room temperature for 5-10 minutes.
2. Preheat air fryer at 360F for 5 minutes. Arrange the unfilled shells in the air fryer basket in a

single layer and bake for 3 minutes. (Youâ€™ll need to do this in 2 batches). Let sit for a few minutes until cool enough to handle.

3. Meanwhile, whisk together the eggs and cream. Stir in the broccoli, ham, cheese, salt and pepper.
4. Fill the partially baked shells with the egg mixture, almost to the rim of the crust. Be careful not to overfill as the filling will puff up as it cooks.
5. Carefully place the filled shells back into the air fryer basket.
6. Air fry for 6-7 minutes at 360F, or until the egg filling just starts to puff up and the edges of the crusts are browned.
7. Remove and let rest for 5 minutes to let the egg filling set.
8. Repeat with remaining quiches.

## Notes

1. Make sure the broccoli and ham are chopped into very small pieces so they fit in the mini tart shells. For this reason, I suggest finely grating your cheese too.
2. If you donâ€™t preheat the air fryer (at least for the first batch), the tart shells will need a few minutes longer to par-bake.
3. Partially baking the shells will ensure the bottoms of the quiches donâ€™t turn out soggy and finish cooking at the same time as the filling.
4. Youâ€™ll need to air fry the quiches in a single layer. Depending on the size of your air fryer, youâ€™ll need to do this in 2-3 batches.
5. You want your quiches a little custardy, so the key is not to overcook them. The quiches are ready when they start to puff up and the edges of the crusts are browned.
6. The quiches will continue cooking once removed from the air fryer and letting them rest for a few minutes allows time for the egg filling to set.
7. This recipe was tested in a Cosori 5.8 quart air fryer. If you have a different brand, model or size, you may need to adjust the air frying temperature and time slightly.
8. Be sure to check out the other sections above the recipe card for more detailed advice and suggestions for making this recipe.

## Category

1. Air Fryer Recipes

## Date

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