



Airfryer Quiche

Crispy base. Creamy middle. Full of goodness.

Prep: 5 mins

Cooking: 15 mins

Serves: 1

Makes: 1



Ingredients

- 1 carb balance wrap
- 2 large XL 700g Pace Farm eggs
- 3 tbsp cottage cheese
- 1/2 tsp adobo seasoning
- Salt and pepper
- 2 tbsp chopped onion
- 1/4 cup grated mozzarella
- Fresh parsley
- Spinach

Method

1. Whisk eggs, cottage cheese and seasonings.
2. Line pan and place wrap in; brush with oil.
3. Pour egg mixture over the wrap.
4. Top with onion, spinach and mozzarella.
5. Air fry at 170°C for 15 minutes.