

# crustless quiche

## PREPARATION

### ingredients

- |                     |                   |
|---------------------|-------------------|
| 2 eggs              | 1 onion diced     |
| 1 ½ cups milk       | ½ cup plain flour |
| 1 cup grated cheese | 1 tomato sliced   |
| ½ capsicum diced    |                   |
| ½ cup bacon diced   |                   |

### method

- Whisk the milk, flour and eggs and then add cheese
- Add remaining ingredients except the tomato and stir
- Pour into a greased pie dish arrange tomato on top
- Bake at 170 degrees for 30- 40 minutes
- Serve with crusty bread or salad

