Adam (AS) is mentioned in the Quran in:
S. Baqarah – 31, 33 – 35, 37
S. Al Imran – 33, 59
S. Al Maidah – 27
S. Al Isra – 61, 70

Allāh gathered many types of soil from Earth's different lands, then from its clay, Allāh made Adam (AS) with His Own hands.

Then Allāh blew in him the Ruh.

Aadam (AS) sneezed, and said ‘Alhamdulillah’. Aadam (AS) said ‘AsSalamualykum to the angels’. They replied by ‘Wa alikumusalaam wa Rahmatullah’. So this is our greeting too on this earth.

Allāh commanded the angels to prostrate to Adam (AS), so they prostrated, except for Iblees thus starting a evil row. Iblees was too arrogant, he said, ‘I am better than him, for I am made of fire and Adam (AS) was made of clay’. Allāh cursed him and promised to send him to Hell.

Iblees asked permission to mislead others there as well. Thus, Iblees became man’s enemy from day one, always tempting man to do shirk and sin.

Allāh then created a partner for Adam (AS) to give him company, she was Hawwaq (AS) his wife. Our first mother. They both lived happily in Paradise. They could enjoy everything but as a test for them - Allāh commanded them to stay away from the fruits of one tree.

Allāh warned Adam and his wife against the Shaytaan.

Iblees the enemy tempted them to eat the fruit, saying he was a good friend. But he was lying.

After they ate from the fruit, they felt ashamed, they regretted for disobeying Allāh.

They now knew Shaytaan’s evil game. Adam & Hawwaq (AS) immediately did taubah and were kindly forgiven. But they were removed from Jannah.

Allah set the earth as a test to sort out the good ones from the bad.

Adam (AS) was 30 meters tall, and from then on man has been shrinking.

Adam & Hawwaq (AS) were our first parents not apes.

They taught us to do Istigfaar when we do sins.