Dizzle Sky
KITCHEN CLUB & COACHING

SMOKED SALMON & SPINACH MUFFINS

MINUTES TO PREPARE	MINUTES TO COOK	MAKES
5	20-25	6-8

INGREDIENTS

4 large eggs
1 tablespoon milk
125g smoked salmon, *finely chopped*
50g spinach, *washed, and thick stalks removed*
1 handful chives, *finely sliced*
A good grind of black pepper

You will need a muffin tray lined with muffin cases

LET'S GET COOKING

1. Preheat the oven to 180/350/gas 4.
2. Place the washed spinach in a saucepan over a high heat. Stir until wilted. Using a sieve and your hands, drain off any liquid and finely chop.
3. Line a muffin tray with muffin cases. Whisk the eggs and milk together well with a fork. Add the drained chopped spinach, chives, chopped salmon and a good grind of black pepper. Stir well.
4. Using a spoon, divide the egg mixture into the muffin cases, filling each one to just below the top. Bake for 20-25 minutes until golden brown and firm to the touch. it's normal for them to rise whilst cooking and then sink again when they cool. Disappointing but normal! Serve either hot or cold.
5. Enjoy!

"I love coming up with new healthful lunch ideas and these little egg muffins pack a protein, omega-3 and vitamin punch… perfect for the middle of the day. As they are in their own muffin cases they are handy for lunch on the go. You can really play around with flavours here. Add feta for an added creamy saltiness, or dill for a lighter gravalax kind of touch"