

Salmon & Broccoli tartlets

Food Foundations

Ingredients

- 40 slices of wholegrain bread, crusts removed
- 4 Tablespoons olive oil
- 3 finely sliced onion
- 1 Tablespoon minced garlic
- 2 x 415g tinned salmon, drained and flaked
- 1kg broccoli cut into small florets
- 300g cheddar cheese
- 16 eggs
- 3 cups Greek yogurt
- 3 cups milk
- 1 Tablespoon of dried dill

Serves: 20

Prep Time: 30 mins

Cook Time: 60 mins



Method

1. Preheat oven to 180°C. Lightly spray large muffin tin
2. Using a rolling pin flatten (5mm) 2 slices of bread (one on top of the other). Repeat with all slices. Place into muffin tins, pushing firmly to mould bread to tin. Bake for 5-10 minutes or until golden. Set aside.
3. Reduce heat to 160°C.
4. Heat oil in pan over medium heat. Add onion and garlic and cook until soft and clear. Remove from pan.
5. Place salmon, broccoli, and cheese evenly between muffin bases.
6. Mix eggs, milk, yogurt, and dill until combined. Add onion and garlic mix. Pour over vegetable and salmon tart mix.
7. Bake approximately 30-35 minutes or until firm.
8. Serve warm or cool.

Recipe Notes:

Frozen or canned vegetables can be used as an alternative to fresh vegetables.

Tinned tuna, kidney beans or roast chicken can be used as an alternative to salmon.

Food Group	Serves per portion
Vegetables	0.9
Fruit	
Grain foods	2
Lean meat and alternatives	0.8
Milk, yoghurt and cheese	0.7