

Salmon and Broccoli Tartlets

OSHC

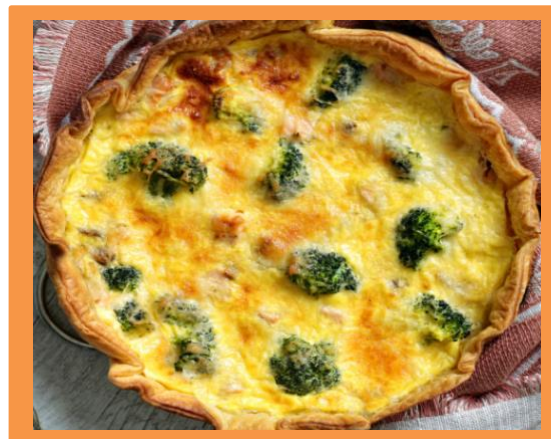
Ingredients

- 40 slices wholegrain bread, crusts removed
- Olive oil spray
- 4 tablespoons olive oil
- 3 onions, finely diced
- 1 tablespoon minced garlic
- 2 x 415g tins salmon, drained and flaked
- 1kg broccoli, cut into small florets
- 300g cheddar cheese, grated
- 16 eggs
- 3 cups Greek yoghurt
- 3 cups milk
- 1 tablespoon dried dill

Serves: 20

Prep Time: 30 mins

Cook Time: 50 mins



Method

1. Preheat oven to 180°C. Lightly spray large muffin tins with olive oil.
2. Using a rolling pin, flatten (approx. 5mm) 2 slices of wholegrain bread (one on top of the other). Repeat with all slices. Place into the prepared muffin tins, pushing firmly to mould bread to tin. Bake for 5 – 10 minutes or until golden. Set aside.
3. Reduce oven temperature to 160°C.
4. Heat the olive oil in a frypan over medium heat. Add the finely diced onions and minced garlic. Cook until soft and clear. Remove from the pan.
5. Divide the drained and flaked salmon, broccoli florets and grated cheddar cheese evenly between the bread bases.
6. In a large bowl, whisk together the eggs, Greek yoghurt, milk and dried dill until combined. Add the cooked onion and garlic mix. Pour the egg mixture over the filling.
7. Bake for approximately 30 – 35 minutes or until firm and cooked through.
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 shredded cooked chicken can be used as an alternative to tinned salmon.

Food Group	Serves per portion
Vegetables	0.9
Fruit	0
Grain foods	2
Lean meat and alternatives	0.8
Milk, yoghurt and cheese	0.7