



Salmon, Ricotta & Corn Brunch Cups

(Makes 12 servings - can be cooled and stored in the fridge for up to 3 days)

Ingredients

65g quinoa
130g corn kernels (drained if tinned)
200g ricotta cheese
6 large eggs
210g cooked salmon, flaked (or tinned salmon, drained)
150g courgette, grated
2 green onions (scallions), thinly sliced
100g cheese, grated

Instructions

Preheat the oven to 190°C (370 F).

Lightly oil a 12-hole non-stick or silicone muffin tray.

Cook the quinoa according to packet instructions. Set aside to cool.

In a large mixing bowl, whisk together the ricotta and eggs.

Add the corn, quinoa, salmon, courgette, green onions and cheese. Stir well to combine.

Evenly divide the mixture between the 12-hole muffin tray.

Transfer the tray to the oven. Bake for 20-25 minutes until the top of the brunch cups are a light golden brown and set.

Remove the tray from the oven and set aside to cool for 7-10 minutes.

Use a pastry or flexible knife to loosen the edges of the brunch cups and turn out onto a wire rack.

Serve immediately with a tomato or green salad.