

LEMON AND BROCCOLI FLAN.

EQUIPMENT:

Muffin tin	chopping board	bowl
Measuring cups	knives	strainer
Saucepan	grater	whisk

INGREDIENTS:

500 gm broccoli florets	4 spring onions chopped
3 tspns of grated lemon rind	1 cup of grated cheese
3 eggs	300 mls of cream
Salt and pepper.	Cooking spray oil

METHOD:

Pre heat the oven to 220 degrees. Liberally spray the muffin tins with spray oil.

Chop the onions and set aside.

Cut the broccoli into florets and cook in sauce pan with a little salted water and set aside. (This will only take a few mins)

Roll out the pastry and using cutter cut out the pastry to fit the muffin tin.

Gently line all of the holes in the muffin tin.

Grate the lemon and set aside.

In bowl, beat together the eggs and cream.

Spoon the cooked broccoli and onion into the muffin tins.

Top with grated cheese and grated lemon.

Pour over the egg and cream mixture, season to taste.

Place in the oven and cook approx. 20 -25 mins until firm to the touch.

