



Fritata Cups

(2 serves)

Ingredients

2 large eggs
¼ cup organic milk
2 tbsp fresh chives, chopped
Salt and pepper to taste
2 tbsp olive oil
1 tbsp crème fraiche

Method

1. Preheat oven to 200C.
2. Whisk the eggs and milk together. Add in the chives and salt and pepper to taste.
3. Oil the muffin tray.
4. Pour mixture in to tray, about half full.
5. Add 1 teaspoon of crème fraiche to each muffin tray.
6. Bake in oven for 12 minutes.
7. Serve with a side of salad or steamed vegetables.

Tip: Replace the chives and crème fraiche with other ingredients according to what your family prefers. This is also a great recipe to make in batches which you can refrigerate.



Roast Chicken & Pomegranate Quinoa Salad

(4 serves)

***This recipe uses roast chicken from Roast Chicken and Vegetables**

Ingredients

1 ½ cups quinoa
1" ginger, peeled and sliced
2 cups roast chicken*, chopped in to small pieces
½ cup pomegranate seeds
¼ cup walnuts
Juice of half a lemon
2 tbsp olive oil
¼ cup parsley, coarsely chopped
Salt & pepper to taste

Instructions:

1. Rinse the quinoa.
2. In a pot, bring 3 cups of water to the boil and add in the quinoa and ginger. Turn down the heat and cover the pot. The quinoa will be cooked once all the water has evaporated.
3. Transfer the quinoa to a big bowl and fluff with a fork.
4. Add in the remaining ingredients. Mix well.

Tip: Make extra salad to serve with the Fritata cups. If you have run out of roast chicken or have yet to prepare it, just omit the chicken or buy a ready cooked roast chicken