

# Salmon, Corn + Dill Mini Quiches



Oliver + Tom

SAVORY SHARING + LUNCH BOX RECIPE



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## *Hello* Snack Lover

Not only do these little quiches add a beautiful splash of colour to any lunchbox, but they are also mini nutrient powerhouses. Salmon is an excellent source of vitamins and omega-3 fatty acids, and cherry tomatoes may be small, but they pack a mean punch when it comes to vitamins, potassium, and fibre.

Throw them together in no time at all, and enjoy experimenting with different colours, flavours, and textures. Perfect for on-the-go munching, for a snack, breakfast, lunch, or dinner, and absolutely delicious served warm or cold.







# Salmon, Corn + Dill Mini Quiches

## Ingredients

Makes 12

15 g butter

1 small onion, finely chopped

250 g salmon fillets, cooked and flaked

*equates to two small fillets*

60 g (½ cup) self-raising flour

125 ml (½ cup) milk

3 eggs

120 g (1 cup) corn

4 cherry tomatoes, chopped

2 tbsp dill



## Method

1. Preheat the oven to 180 C and grease a 12-well muffin tray.
2. Melt butter in large frying pan over a medium heat and sauté onions for about five minutes or until soft and translucent. Set aside and leave to cool.
3. In a large mixing bowl, combine milk, eggs, and flour then add all remaining ingredients and mix well.
5. Pour into muffin tray, filling each well to the top. Bake in oven for 15 - 20 minutes or until cooked through.
6. Allow to cool slightly before removing from the tray and serving.
7. Enjoy.

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