

Savory Tarts

prep time: 10 minutes

cooking time: 60 minutes

serves: 1



Ingredients:

- Butter for greasing and 5g for frying the onion
- 57g chicken
- 34g Onion finely chopped
- 2 Eggs
- 100g canned asparagus
- 41g cream
- ½ tsp Garlic powder
- 30g Cheddar cheese
- ½ tsp Fresh thyme
- ½ tsp Fresh parsley
- Salt & pepper

Method:

- Preheat oven to 350°F (180°C).
- Grease 2 individual small pans with a little butter.
- Heat a frying pan and fry onions until golden brown, remove from heat.
- Beat together the eggs, cream, spinach, asparagus and garlic powder. Add the fried onions and season to taste.
- Spoon the mixture into the greased pans, sprinkle over the cheese and herbs.
- Bake in the oven for 40 to 50 minutes or until golden and set.