



Mini Pizza Quiches

Ingredients

- 2 large tortilla wraps
- 4 eggs
- 6 slices of smoked ham
- 3 cherry tomatoes, halved, plus extra to serve
- A handful of basil leaves
- Vegetable sticks (to serve)

Step 1

Heat oven to 180C/160C fan/gas 4. Using a 12cm cutter; cut circles from the large tortilla wraps –you should get 6.

Use the circles to line 6 holes of a muffin tin, pushing them into the holes to make cases.

Step 2

Beat the eggs and pour into the tortilla cases (you can add some chopped vegetables too, if you like). Top each case with a slice of smoked ham and 1/2 a cherry tomato.

Step 3

Bake for 15 mins until the egg has set. Top with a few basil leaves, if you like, and serve with extra tomatoes and vegetable sticks.





ST HELENS WELLBEING