



Flying Fish Parcels

Makes 12



Ingredients:

- Spray oil
- 12 slices of bread
- 8 eggs
- 95g tin of tuna
- 125g tin of corn kernels
- 1 tomato
- ½ capsicum
- 50g cheese

adapted from 'Tuna, corn & egg pies' recipe
www.taste.com.au



Equipment:

- Muffin tray, rolling pin, oven, chopping boards, tablespoon, bowl, knives, can opener, grater

Recipe Tip:
 Create your own parcel variations with carrot, tinned or frozen peas, zucchini and ham.



1 Preheat oven to 180°C. Lightly spray muffin tray with oil.



2 Remove crusts from bread. Flatten bread using a rolling pin (or the corn tin). Line muffin tray holes with bread slices.



3 Crack eggs into bowl and whisk until combined.



4 Drain tuna and corn. Chop tomato and capsicum. Grate cheese. Add tuna, corn, tomato and capsicum to eggs and mix together.



5 Divide egg mixture between bread cases. Cover with grated cheese and bake for 20 mins, or until egg has set.

Note: Leftover crusts can be used to make bread crumbs.

