



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
1 capsicum
50g cheese

adapted from 'Tuna, corn & egg pie' 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.

Notes: leftover crusts can be used to make breadcrumbs.

