



APPETITE  **THE WILD**
Cook • Fish • Hunt



by MELISSA FROHLOFF

Easy breakfast muffins

Ingredients:

- 3 eggs, whisked
- 6 slices prosciutto
- 25g finely chopped capsicum
- 25g garlic chives finely chopped
- 2 sheets puff pastry, partially thawed

Method:

1. Cut six 9cm rounds from puff pastry and use to line 6cm muffin tray. Pre-heat

oven to 180 degrees.

2. Place the pastry in each muffin tray. Line the inside of the pastry case with prosciutto, allowing the fatty edge to extend above the case slightly.

3. Spoon capsicum and chives into cases and pour over egg.

4. Bake for 20 minutes or until pastry is brown.

5. Serve with tomato relish

Notes

Serve with tomato relish. Check out next month's edition for the tomato relish recipe. This condiment will make any breakfast dish extra delightful.

Prep time: 10 min | Cook time: 20 min | Serves 6