



LUXEMBOURG TORTILLAS

Prep: 35min – Makes 14 – Easy – Gluten-Free, No Carbs

100g French beans
100g frozen broad beans, shelled
3 spring onions
100g Luxembourg goat's cheese
vegetable oil, to grease
7 slices cooked Luxembourg ham
6 eggs
100ml cream
1 tsp summer savoury (sarriette)
½ tsp salt
pepper

Preheat the oven to 160°C fan.

Trim the French beans and cut into small pieces of approximately 5mm.

Put the French beans into boiling salted water and cook for 3 minutes, then add the broad beans leave to simmer another 2 minutes. Drain and run under a cold tap to cool down.

Slice the spring onions and mix with the cooled beans. Cut the goat's cheese into small pieces.

Grease 14 holes of a muffin tin with a bit of vegetable oil.

Cut the ham into squares and line each muffin hole with 2 pieces of ham to cover the base and all sides.

Distribute the cooked broad beans, French beans, spring onions and goat's cheese between the muffin holes.

Beat together the eggs, cream, summer savoury and season with the salt and pepper.

Pour the egg mixture into each muffin hole and bake in the oven for 20 minutes.

Leave the tortillas to cool in the muffin tin for 5 minutes, then take out with the help of a spoon and serve immediately or transfer onto a wire rack and leave to cool.

These can be eaten hot or cold.

www.anneskitchen.co.uk

