THE LIGHTER PLATE METHOD

# Quinoa & Chicken Mini Bakes

A simple blended batter of egg, quinoa flakes and shredded chicken, baked into little savoury bites.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **10 min** | **20 min** | **30 min** | **3** | **EASY** |

## Ingredients

- 2  eggs
- 50 g cooked chicken breast (shredded)
- 50 g quinoa flakes

## Method

1. Heat the oven to 190°C (fan 170°C) and grease small silicone moulds.
2. Blend the eggs, shredded chicken and quinoa flakes together until fairly smooth.
3. Half-fill each mould with the batter, then bake for 18–20 minutes, until set and golden.

## Tips & swaps

- Try filling the centre with a spoonful of ricotta and spinach, sautéed mince, or cottage cheese before adding the rest of the batter.
- Good hot or cold as a protein-rich snack.

## Storage & reheating

Keeps in the fridge for 3 days.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **110** | **10g** | **8g** | **4g** | **1g** |

*Estimated values, for guidance only. Contains: Egg.*